

# Baked Alaska

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-alaska-recipe-with-swiss-roll>

## Ingredients:

- ice cream
- swiss roll
- 6 9/16 tablespoons egg white For the meringue
- 7 15/16 tablespoons granulated sugar For the meringue
- strawberry ice cream from market
- vanilla ice cream from market
- chocolate ice cream from market

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 40 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 7 grams
8. Sodium: 105 milligrams
9. Sugar: 34 grams

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