

Lemon Baked Alaska

Mrs. Don McAdams

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

*1 box lemon cake mix
1 ounce brandy
2 tablespoons sugar
1 or 2 quarts lemon ice cream or ice milk*

MERINGUE

*4 egg whites
3/4 cup powdered sugar*

SERVING

2 ounces brandy

Cook the cake mix as directed for layers (this recipe will only use one layer). Place the layer on an oven-proof plate.

The day before serving or early on the same day, poke holes in the cake layer. Pour brandy over the cake and sprinkle with sugar.

Just before serving, beat the egg whites until very stiff. Add the sugar gradually and continue to beat until it stands in peaks.

Place mounds of ice cream (shape in half balls) on top of the cake layer and cover completely with meringue.

Place in a preheated hot oven until it browns, about 10 minutes.

At the table, add two ounces of brandy to the tray. Ignite.

Per Serving (excluding unknown items): 89 Calories; trace Fat (0.2% calories from fat); 2g Protein; 14g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 0 Lean Meat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	89	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	89.1%	Thiamin B1 (mg):	0mg

% Calories from Protein:	10.8%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	14g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	28mg
Potassium (mg):	24mg
Calcium (mg):	1mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	25
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	89	Calories from Fat:	0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	28mg	1%
Total Carbohydrates	14g	5%
Dietary Fiber	0g	0%
Protein	2g	
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Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.