



Big Beautiful Baked Alaska



1/8th of dessert: 182 calories, 2g total fat (0.5g sat. fat), 109mg sodium, 37g carbs, 0.5g fiber, 23.5g sugars, 4.5g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 5 minutes

Freeze: 8 hours



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

3 cups fat-free vanilla ice cream, softened
2 cups light strawberry ice cream, softened
16 Reduced Fat Nilla Wafers
1/2 cup liquid egg whites (about 4 egg whites)
1/8 tsp. cream of tartar
1/4 cup granulated white sugar
1/4 cup natural no-calorie sweetener that measures like sugar, or the *HG Natural Alternative* below
1/4 tsp. vanilla extract

Directions

Begin with a medium-large bowl with an 8-inch diameter at the top (with a capacity of at least 1 1/2 quarts). Line the bowl with plastic wrap, draping excess wrap over the sides.

Evenly and firmly pack vanilla ice cream into the bowl. Smooth out the surface, and repeat with strawberry ice cream, yielding two packed layers with a flat surface. Place wafers, rounded side down, in a single layer over the strawberry ice cream. Cover with plastic wrap and freeze until completely firm, at least 8 hours.

Preheat oven to 500 degrees. Set out all remaining measured ingredients.

To make the meringue, combine egg whites with cream of tartar in a large bowl. With an electric mixer set to high speed, beat until fluffy and slightly stiff, about 3 minutes. Continue to beat while gradually adding sugar, sweetener, and vanilla extract. Beat until fully blended and stiff peaks form, 2-3 minutes.

Remove bowl from the freezer and uncover. Place a 9-inch pie pan firmly over the bowl, upside down, and carefully flip so the pie pan is on the bottom. Gently tug on the plastic wrap to release the ice cream from the bowl, leaving the ice cream in the pie pan. Remove the plastic wrap.

Quickly and evenly spread meringue over the ice cream mound. Place pie pan on a baking sheet.

Bake until meringue is cooked through and lightly browned, about 3 minutes. Slice and enjoy! (Freeze the leftovers and eat 'em frozen.)

MAKES 8 SERVINGS

HG Natural Alternative: Skip the no-calorie sweetener in this recipe and double the granulated white sugar; each serving will have 203 calories, 42g carbs, and 29g sugars.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points®

trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: October 16, 2012

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.