

Rose Syrup Poached Fig & Pomegranate Pavlova

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fig-syrup-recipe>

Ingredients:

- 4 figs ripe purple
- 5 1/16 tablespoons syrup rose petal, can also use pomegranate molasses
- 5 1/16 tablespoons wine rosé
- 3 cardamom pods lightly crushed
- 5/8 cup double cream
- 1 tablespoon caster sugar
- 4 tablespoons pomegranate arils
- 2 meringue nests individual, homemade is best, but store bought is fine

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 125 milligrams
4. Fat: 35 grams
5. Fiber: 6 grams
6. Protein: 4 grams
7. SaturatedFat: 21 grams
8. Sodium: 80 milligrams
9. Sugar: 34 grams

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