

Pomegranate Meringues

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-meatballs-recipe-pomegranate>

Ingredients:

- 6 large egg whites extra-, at room temperature
- 1 1/2 teaspoons cornflour
- 1 teaspoon red food colouring depending on colour strength desired
- 1 pinch fine salt
- 1 1/2 cups sugar
- 2 pomegranates seeds only
- 1 1/2 cups whipping cream
- pomegranate
- syrup
- 3 pomegranates fresh
- 1 1/2 tablespoons orange blossom water
- 5 tablespoons sugar

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 8 grams
8. Sodium: 130 milligrams
9. Sugar: 88 grams

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