



WHATSheATE



Asian noodle & turkey soup



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 l chicken stock see
- ☐ 1 piece ginger peeled sliced
- ☐ 2 star anise
- ☐ 1 cinnamon sticks
- ☐ 3 cloves
- ☐ 200 g vermicelli dried
- ☐ 2 tbsp fish sauce
- ☐ 2 lime juiced for wedges

- ☐ 400 g deli turkey shredded
- ☐ 100 g bean sprouts
- ☐ 1 bunch cilantro leaves
- ☐ 1 bunch mint leaves
- ☐ 4 spring onion thinly sliced
- ☐ 2 pepper flakes red hot sliced (leave the seeds in if you like it)

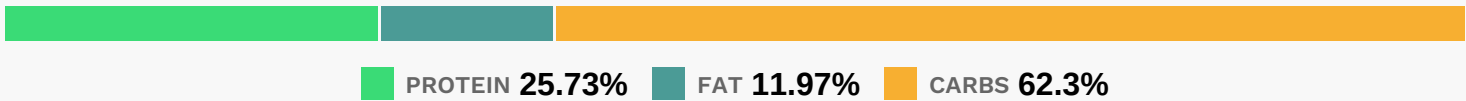
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Pour the stock into a large pan, add the ginger and spices, then leave to simmer and infuse for 10 mins. Soak the noodles according to the pack instructions, then drain and rinse.
- ☐ Add the fish sauce and lime juice to the stock and taste for seasoning add more fish sauce if you like. Divide the noodles between four bowls, then top with the shredded meat, beansprouts and a scattering of herbs, spring onion and chillies. Ladle the hot stock over the noodles, then serve with more herbs and lime wedges for squeezing.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:25.49, Inflammation Score:-7, Nutrition Score:20.208695660467%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 443.3kcal (22.17%), Fat: 5.92g (9.11%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 69.33g (23.11%), Net Carbohydrates: 65.73g (23.9%), Sugar: 11.18g (12.42%), Cholesterol: 43.41mg (14.47%), Sodium: 2541.64mg (110.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Vitamin C: 49.53mg (60.03%), Phosphorus: 450.69mg (45.07%), Vitamin K: 43.89µg (41.8%), Vitamin B3: 7.01mg (35.04%), Manganese: 0.66mg (32.99%), Copper: 0.62mg (31.02%), Selenium: 17.3µg (24.71%), Potassium: 858.22mg (24.52%), Vitamin B2: 0.41mg (24.25%), Vitamin B6: 0.45mg (22.25%), Magnesium: 82.64mg (20.66%), Iron: 3.54mg (19.66%), Folate: 58.61µg (14.65%), Fiber: 3.6g (14.39%), Zinc: 2.1mg (13.99%), Vitamin B1: 0.21mg (13.89%), Vitamin A: 550.15IU (11%), Calcium: 78.37mg (7.84%), Vitamin E: 0.52mg (3.48%), Vitamin B5: 0.28mg (2.84%)