



Banh Bung (Warm Noodle Salad with Beef)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 basil leaves
- ☐ 4 cups bean sprouts
- ☐ 0.8 pound beef tenderloin
- ☐ 1 cup julienne-cut carrot
- ☐ 2 cups julienne-cut cucumber peeled
- ☐ 1 cup cabbage green thinly sliced
- ☐ 0.5 cup coconut milk light
- ☐ 0.7 cup lime-vinegar sauce

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon oyster sauce
- ☐ 8 ounces vermicelli uncooked fine
- ☐ 0.5 teaspoon sugar
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup onion yellow separated thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ dutch oven

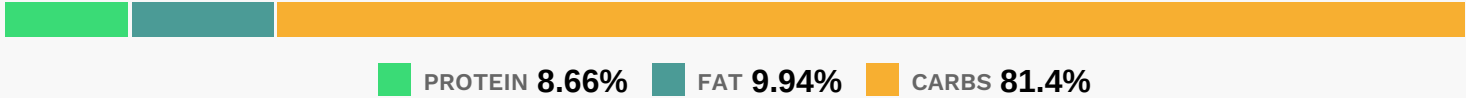
Directions

- ☐ Trim fat from beef.
- ☐ Cut across grain into thin slices; set aside.
- ☐ Combine oyster sauce, soy sauce, and sugar. Stir well; set aside.
- ☐ Bring 3 quarts of water to a simmer in a large Dutch oven.
- ☐ Add rice vermicelli; simmer 2 minutes or just until tender.
- ☐ Drain and return rice vermicelli to pan.
- ☐ Add coconut milk; toss well. Set aside; keep warm.
- ☐ Heat oil in a wok or large nonstick skillet coated with with cooking spray over medium-high heat until hot.
- ☐ Add onion; stir-fry 2 minutes.
- ☐ Add beef; stir-fry 3 minutes.
- ☐ Add oyster sauce mixture; stir-fry 30 seconds.
- ☐ Remove from heat. Set aside; keep warm.
- ☐ Combine bean sprouts, cucumber, cabbage, carrot, and basil in a large bowl; toss gently. Spoon bean sprout mixture into each of 4 large shallow bowls; top with beef mixture and 1

cup rice vermicelli mixture.

☐ Drizzle with Lime–Vinegar Sauce.

Nutrition Facts



Properties

Glycemic Index:90.73, Glycemic Load:29.85, Inflammation Score:-10, Nutrition Score:19.400869734909%

Flavonoids

Hesperetin: 6.88mg, Hesperetin: 6.88mg, Hesperetin: 6.88mg, Hesperetin: 6.88mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 321.6kcal (16.08%), Fat: 3.61g (5.55%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 66.4g (22.13%), Net Carbohydrates: 60.62g (22.05%), Sugar: 9.78g (10.87%), Cholesterol: 0mg (0%), Sodium: 425.68mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.13%), Vitamin A: 5547.09IU (110.94%), Vitamin K: 67.26µg (64.05%), Vitamin C: 32.13mg (38.94%), Manganese: 0.7mg (34.77%), Folate: 100.73µg (25.18%), Fiber: 5.78g (23.12%), Phosphorus: 195.85mg (19.59%), Copper: 0.32mg (16.1%), Potassium: 491.7mg (14.05%), Selenium: 9.83µg (14.04%), Vitamin B6: 0.26mg (13.24%), Magnesium: 51.74mg (12.94%), Vitamin B2: 0.21mg (12.45%), Vitamin B1: 0.18mg (12.22%), Iron: 1.97mg (10.97%), Vitamin B5: 0.81mg (8.1%), Zinc: 1.2mg (8.03%), Vitamin B3: 1.49mg (7.46%), Calcium: 71.26mg (7.13%), Vitamin E: 0.53mg (3.53%)