



 **71%**
HEALTH SCORE

Beef Noodle Soup

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons five spice powder
- 4 cups baby bok choy chopped (2)
- 12 basil
- 1 cup bean sprouts fresh
- 1 inch ginger fresh thinly sliced
- 1 tablespoon hoisin sauce
- 8 slices jalapeno
- 8 lime wedges

- 3 cups beef broth fat-free
- 3 ounces vermicelli uncooked
- 0.1 teaspoon salt
- 12 ounces sirloin steak boneless thinly sliced
- 2 teaspoons sriracha hot (chile sauce)
- 2 cups water hot

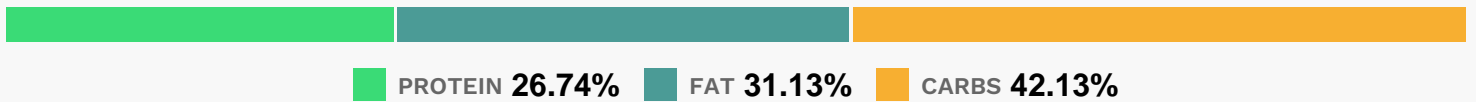
Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- Combine first 6 ingredients in a large saucepan over high heat; bring to a boil.
- Remove ginger with a slotted spoon; discard.
- Add noodles to pan; cook 2 minutes. Stir in bok choy and beef; cook 2 minutes or until noodles are done and bok choy wilts.
- Place about 1 1/2 cups soup in each of 4 bowls. Top each serving with 1/4 cup bean sprouts, 1/2 teaspoon Sriracha, 3 basil leaves, 2 jalapeo slices, and 2 lime wedges.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:13.16, Inflammation Score:-10, Nutrition Score:31.946521676105%

Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin:

9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 394.76kcal (19.74%), Fat: 13.91g (21.4%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 32.73g (11.9%), Sugar: 12.61g (14.02%), Cholesterol: 47.75mg (15.92%), Sodium: 772.84mg (33.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.88g (53.76%), Vitamin C: 335.98mg (407.25%), Vitamin A: 12563.47IU (251.27%), Vitamin B6: 1.14mg (56.95%), Vitamin K: 47.15µg (44.9%), Vitamin E: 6.58mg (43.85%), Vitamin B12: 2.36µg (39.41%), Fiber: 9.61g (38.45%), Potassium: 1191.11mg (34.03%), Calcium: 323.16mg (32.32%), Vitamin B3: 5.83mg (29.13%), Iron: 5.12mg (28.43%), Selenium: 18.43µg (26.32%), Phosphorus: 257.44mg (25.74%), Zinc: 3.47mg (23.12%), Manganese: 0.41mg (20.35%), Vitamin B2: 0.34mg (19.9%), Folate: 75.28µg (18.82%), Magnesium: 60.5mg (15.12%), Copper: 0.28mg (13.98%), Vitamin B1: 0.2mg (13.54%), Vitamin B5: 1.04mg (10.41%)