



Day After Thanksgiving Turkey Pho

 Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



1384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil leaves fresh shredded
- ☐ 1 cardamom pod whole
- ☐ 1 tablespoon chile-garlic sauce to taste sriracha® (such as)
- ☐ 2 teaspoons coriander seed
- ☐ 1 teaspoon fennel seeds
- ☐ 0.3 cup fish sauce
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 inch ginger fresh peeled smashed

- ☐ 1 lime cut into wedges
- ☐ 0.3 onion thinly sliced
- ☐ 16 ounce flat rice noodles dried
- ☐ 4 servings salt to taste
- ☐ 1 star anise pod
- ☐ 1 turkey carcass
- ☐ 1 cup turkey shredded leftover cooked
- ☐ 8 cups water as needed

Equipment

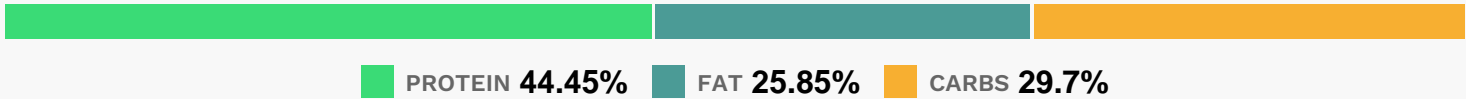
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ colander
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Toast the cardamom pod, cloves, star anise, fennel, and coriander in a small skillet over medium-low heat until fragrant, 5 to 7 minutes.
- ☐ Place the spices onto the center of a 8 inch square piece of cheesecloth. Gather together the edges of the cheesecloth, and tie with kitchen twine to secure. Sear both sides of the ginger and 1/2 onion in the same skillet until lightly charred, about 3 minutes on each side.
- ☐ Place the turkey carcass, water, sachet, ginger, and onion in a large pot over medium-high eat. Bring to a boil, then reduce to a simmer. Simmer for 2 hours.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rice noodles, and return to a boil. Cook the noodles uncovered, stirring occasionally, until the noodles have cooked through, but is still firm to the bite, 4 to 5 minutes.

- ☐ Drain well in a colander set in the sink.
- ☐ Remove the carcass, sachet, ginger, and onion from the soup. Strain the soup to remove any meat that may have fallen off the bones, if necessary. Season with fish sauce and salt. Divide the rice noodles and turkey meat evenly into 4 large bowls. Scatter the basil, cilantro, and sliced onion on top. Ladle the soup on top.
- ☐ Serve with a wedge of lime and hot sauce.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:54.35, Inflammation Score:-8, Nutrition Score:45.452608668286%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 1383.63kcal (69.18%), Fat: 38.75g (59.62%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 100.22g (33.41%), Net Carbohydrates: 96.77g (35.19%), Sugar: 2.3g (2.56%), Cholesterol: 481.55mg (160.52%), Sodium: 2522.02mg (109.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 149.94g (299.88%), Vitamin B3: 51.76mg (258.81%), Selenium: 161.3µg (230.44%), Vitamin B6: 4.11mg (205.39%), Phosphorus: 1413.5mg (141.35%), Vitamin B12: 8.23µg (137.15%), Zinc: 12.98mg (86.56%), Vitamin B2: 1.28mg (75.18%), Vitamin B5: 5.55mg (55.55%), Magnesium: 221.26mg (55.32%), Potassium: 1647.96mg (47.08%), Manganese: 0.9mg (45.05%), Iron: 7.23mg (40.18%), Copper: 0.73mg (36.47%), Vitamin B1: 0.37mg (24.9%), Folate: 61.07µg (15.27%), Calcium: 139.75mg (13.98%), Fiber: 3.45g (13.79%), Vitamin D: 2.01µg (13.38%), Vitamin A: 419.37IU (8.39%), Vitamin C: 6.22mg (7.54%), Vitamin E: 0.66mg (4.37%), Vitamin K: 2.52µg (2.4%)