



Faux Pho

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaves bean sprouts thinly sliced
- ☐ 1.3 pound beef eye round thick sliced
- ☐ 1 "-4" cinnamon stick
- ☐ 1 piece x1" ginger peeled
- ☐ 4 garlic cloves crushed
- ☐ 2 packages ramen instant (preferably not fried; noodles only)
- ☐ 4 servings kosher salt
- ☐ 2.5 cups low-salt beef broth

- ☐ 2 cups mushrooms mixed stemmed thinly sliced (such as oyster or shiitake)
- ☐ 0.5 small onion
- ☐ 1 scallion thinly sliced
- ☐ 1 teaspoon vegetable oil
- ☐ 1 star anise whole

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat oil in a medium pot over medium heat.
- ☐ Add onion, cut side down, garlic, and ginger. Cook, stirring occasionally, until garlic is golden, 3–4 minutes.
- ☐ Add 1 1/2 cups water, broth, star anise, and cinnamon; bring to a boil. Reduce heat; simmer until flavors meld, 7–8 minutes.
- ☐ Add mushrooms; simmer 2 minutes.
- ☐ Add scallion. Season with salt.
- ☐ Meanwhile, boil ramen until tender but still firm to bite.
- ☐ Drain; divide among bowls.
- ☐ Add beef slices to soup; simmer until just cooked through, about 20 seconds. Using tongs, transfer beef to bowls.
- ☐ Discard ginger, garlic, star anise, and cinnamon; ladle broth into bowls.
- ☐ Garnish with bean sprouts, basil, and sliced chiles.
- ☐ Per serving: 339 calories, 15 g fat, 31 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:14.32, Inflammation Score:-5, Nutrition Score:29.906086903551%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 456.03kcal (22.8%), Fat: 15.78g (24.27%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 33.24g (12.09%), Sugar: 3.89g (4.32%), Cholesterol: 87.88mg (29.29%), Sodium: 1708.36mg (74.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.65g (81.3%), Vitamin B3: 16.95mg (84.74%), Selenium: 51.55µg (73.64%), Vitamin B6: 1.37mg (68.26%), Phosphorus: 511.98mg (51.2%), Zinc: 7.52mg (50.13%), Vitamin B12: 2.83µg (47.23%), Vitamin B1: 0.6mg (40.16%), Manganese: 0.74mg (36.92%), Vitamin B2: 0.62mg (36.68%), Iron: 5.64mg (31.31%), Potassium: 1032.48mg (29.5%), Vitamin B5: 2.5mg (25%), Folate: 88.14µg (22.04%), Copper: 0.4mg (19.89%), Fiber: 4.64g (18.55%), Magnesium: 73.38mg (18.35%), Vitamin K: 12.79µg (12.18%), Vitamin E: 1.21mg (8.04%), Calcium: 70.93mg (7.09%), Vitamin C: 2.56mg (3.1%), Vitamin D: 0.45µg (3.01%)