



Hanoi Beef and Rice Noodle Soup (Pho Bo)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



957 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef oxtail
- 2 cups cilantro leaves
- 1 cinnamon sticks
- 1 pound daikon radish coarsely chopped
- 12 ounces eye-of-round roast trimmed cut into 1/16-inch slices
- 2 cups bean sprouts fresh
- 3 ounces ginger fresh thinly sliced
- 8 lime wedges

- 2 cups onion vertically sliced
- 12 ounces wide rice stick noodles (banh pho)
- 0.7 cup shallots coarsely chopped (3 medium shallots)
- 2 star anise
- 2 tablespoons sugar
- 1 cup thai basil leaves
- 4 thai chiles red seeded thinly sliced
- 3 tablespoons thai fish sauce (such as Three Crabs)
- 5 quarts water
- 1 teaspoon peppercorns white
- 1 large onion yellow peeled quartered

Equipment

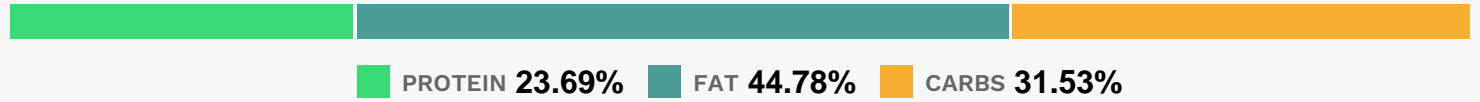
- bowl
- frying pan
- ladle
- pot
- sieve

Directions

- To prepare broth, heat a large stockpot over medium-high heat.
- Add oxtail, ginger, and shallots; saut 8 minutes or until ginger and shallots are slightly charred.
- Add water and next 8 ingredients (through cinnamon stick); bring to a boil. Reduce heat, and simmer 4 hours. Strain broth through a sieve into a large bowl; discard solids. Return broth to pan, and bring to a boil. Reduce heat to medium, and cook until reduced to 10 cups (about 30 minutes). Skim fat from surface; discard fat. Keep warm.
- To prepare remaining ingredients, add sliced onion to broth.
- Place noodles in a large bowl, and cover with boiling water.
- Let stand 20 minutes.

- Drain.
- Place 1/3 cup bean sprouts in each of 6 soup bowls. Top each serving with 1 1/3 cup noodles and 2 ounces eye-of-round. Carefully ladle 1 2/3 cups boiling broth over each serving (boiling broth will cook the meat).
- Serve with cilantro, basil, chiles, limes, and hoisin, if desired.

Nutrition Facts



Properties

Glycemic Index:67.18, Glycemic Load:33.92, Inflammation Score:-8, Nutrition Score:41.079565286636%

Flavonoids

Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 19.17mg, Quercetin: 19.17mg, Quercetin: 19.17mg, Quercetin: 19.17mg

Nutrients (% of daily need)

Calories: 957.31kcal (47.87%), Fat: 47.41g (72.94%), Saturated Fat: 18.08g (113%), Carbohydrates: 75.13g (25.04%), Net Carbohydrates: 68.44g (24.89%), Sugar: 13.85g (15.39%), Cholesterol: 161.03mg (53.68%), Sodium: 1054.97mg (45.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.44g (112.88%), Vitamin B12: 5.9µg (98.34%), Zinc: 13.03mg (86.84%), Vitamin B6: 1.59mg (79.48%), Selenium: 54.15µg (77.36%), Vitamin B3: 14.52mg (72.61%), Phosphorus: 660.36mg (66.04%), Vitamin C: 44.12mg (53.48%), Vitamin K: 50.03µg (47.65%), Iron: 8.02mg (44.54%), Manganese: 0.86mg (42.84%), Potassium: 1426.48mg (40.76%), Vitamin B2: 0.61mg (36.13%), Copper: 0.68mg (34.18%), Magnesium: 128.97mg (32.24%), Fiber: 6.69g (26.74%), Folate: 98.42µg (24.6%), Vitamin B1: 0.32mg (21.42%), Vitamin B5: 2.07mg (20.69%), Calcium: 164.9mg (16.49%), Vitamin A: 620.21IU (12.4%), Vitamin E: 1.27mg (8.49%), Vitamin D: 0.23µg (1.51%)