

How to Make Pho

 Dairy Free

READY IN



560 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bean sprouts
- ☐ 4 pounds beef soup bones
- ☐ 1.5 pounds beef top sirloin thinly sliced
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 2.5 tablespoons fish sauce
- ☐ 5 slices ginger fresh
- ☐ 1 tablespoon green onion chopped
- ☐ 1 lime cut into 4 wedges

- ☐ 1 onion unpeeled cut in half
- ☐ 8 ounce rice noodles dried
- ☐ 1 tablespoon salt
- ☐ 2 pods star anise
- ☐ 1 bunch thai basil
- ☐ 4 quarts water

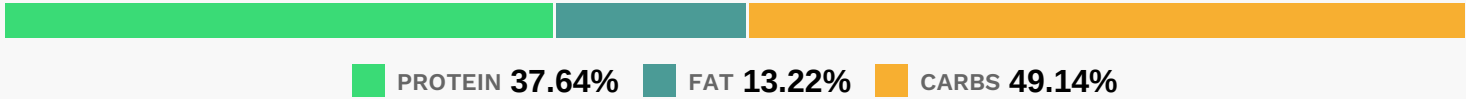
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place beef bones on a baking sheet and roast in the preheated oven until browned, about 1 hour.
- ☐ Place onion on a baking sheet and roast in the preheated oven until blackened and soft, about 45 minutes.
- ☐ Place bones, onion, ginger, salt, star anise, and fish sauce in a large stockpot and cover with 4 quarts of water. Bring to a boil and reduce heat to low. Simmer on low for 6 to 10 hours. Strain the broth into a saucepan and set aside.
- ☐ Place rice noodles in large bowl filled with room temperature water and allow to soak for 1 hour. Bring a large pot of water to a boil and after the noodles have soaked, place them in the boiling water for 1 minute. Bring stock to a simmer.
- ☐ Divide noodles among 4 serving bowls; top with sirloin, cilantro, and green onion.
- ☐ Pour hot broth over the top. Stir and let sit until the beef is partially cooked and no longer pink, 1 to 2 minutes.
- ☐ Serve with bean sprouts, Thai basil, lime wedges, hoisin sauce, and chile-garlic sauce on the side.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:27.94, Inflammation Score:-6, Nutrition Score:25.680434600167%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 459.16kcal (22.96%), Fat: 6.6g (10.15%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 52.38g (19.05%), Sugar: 3.57g (3.97%), Cholesterol: 100.36mg (33.45%), Sodium: 2878.42mg (125.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 42.27g (84.54%), Selenium: 62.49µg (89.28%), Vitamin B6: 1.21mg (60.5%), Vitamin B3: 11.83mg (59.14%), Zinc: 7.64mg (50.91%), Phosphorus: 484.18mg (48.42%), Vitamin K: 32.56µg (31.01%), Vitamin B12: 1.65µg (27.55%), Manganese: 0.49mg (24.65%), Potassium: 810.4mg (23.15%), Magnesium: 91.09mg (22.77%), Iron: 4.07mg (22.62%), Copper: 0.44mg (22.14%), Vitamin B2: 0.29mg (16.92%), Vitamin C: 13.53mg (16.39%), Folate: 63.79µg (15.95%), Vitamin B5: 1.4mg (13.99%), Vitamin B1: 0.2mg (13.47%), Fiber: 2.8g (11.18%), Calcium: 108.45mg (10.84%), Vitamin A: 275.43IU (5.51%), Vitamin E: 0.64mg (4.26%)