



WHATSheATE



HEALTH SCORE

65%

## Noodles in Spicy Lemon Grass Broth



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 oz cilantro leaves rinsed
- ☐ 6 slices ginger fresh peeled thin (quarter size)
- ☐ 3 cloves garlic peeled
- ☐ 0.5 cup green onions chopped (including tops)
- ☐ 3 stalks lemon grass fresh (10 to 12 in. long)
- ☐ 9 ounces noodles fresh chinese thin (see note above)
- ☐ 3 chilies fresh red hot stemmed rinsed seeded quartered ( ) (see note above)

☐ 5 cups vegetable broth

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ sieve

## Directions

- ☐ Rinse lemon grass; cut off and discard tough tops and root ends. Peel off and discard coarse outer layers, then crush the tender inner part with the flat side of a large knife. Coarsely chop 1/4 cup cilantro leaves, reserving stems (save extra leaves for other uses).
- ☐ In a 4- to 6-quart pan, combine broth, crushed lemon grass, cilantro stems, 1/4 cup green onions, ginger, chilies, garlic, and peppercorns. Bring to a simmer over high heat; cover, reduce heat to maintain a simmer, and cook 30 minutes.
- ☐ Pour through a strainer over a large bowl; discard solids.
- ☐ Meanwhile, in another 4- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add noodles and cook, stirring occasionally, until tender to bite, 2 to 3 minutes.
- ☐ Drain.
- ☐ Divide noodles between two large soup bowls and ladle broth over noodles.
- ☐ Sprinkle with chopped cilantro and remaining 1/4 cup green onions.

## Nutrition Facts



## Properties

Glycemic Index:76, Glycemic Load:27.87, Inflammation Score:-9, Nutrition Score:30.113478391067%

## Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg

Nutrients (% of daily need)

Calories: 384.55kcal (19.23%), Fat: 2.42g (3.73%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 76.36g (25.45%), Net Carbohydrates: 71.48g (25.99%), Sugar: 5.88g (6.54%), Cholesterol: 0mg (0%), Sodium: 1570.12mg (68.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.74%), Manganese: 2.04mg (102.14%), Vitamin K: 101.93µg (97.08%), Selenium: 63.2µg (90.29%), Vitamin C: 74.43mg (90.21%), Vitamin A: 1879.11IU (37.58%), Phosphorus: 260.36mg (26.04%), Copper: 0.51mg (25.47%), Vitamin B6: 0.5mg (24.98%), Vitamin B3: 4.65mg (23.23%), Iron: 4.12mg (22.91%), Potassium: 749.1mg (21.4%), Magnesium: 81.43mg (20.36%), Fiber: 4.87g (19.49%), Folate: 63.86µg (15.96%), Vitamin B2: 0.24mg (14.16%), Zinc: 1.95mg (13.01%), Vitamin B12: 0.76µg (12.61%), Vitamin B1: 0.18mg (11.71%), Vitamin B5: 1.09mg (10.85%), Calcium: 86.27mg (8.63%), Vitamin E: 1mg (6.64%)