



Pho

 Dairy Free

READY IN



41 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 2 teaspoons canola oil
- 1 stick cinnamon (3-inch)
- 2 tablespoons fish sauce
- 8 ounces flank steak trimmed
- 2 inch ginger fresh peeled sliced into quarter-size pieces
- 0.5 bunch mint leaves fresh roughly chopped
- 7 cups beef broth reduced-sodium

- 1 cup mung bean sprouts fresh
- 1 onion halved sliced
- 8 ounces flat rice noodles dried (banh pho)
- 2 scallions sliced
- 2 teaspoons sugar
- 0.3 small thai chile dried thinly sliced
- 3 star anise whole

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- pot

Directions

- Bring large pot of water to boil (for step 3).
- Heat oil in heavy saucepan over medium-high heat.
- Add ginger and onion; saut 3 minutes or until lightly charred.
- Add broth, anise, cloves, and cinnamon; bring to boil, then reduce to simmer. Cook 15 minutes. Strain broth into a bowl; discard solids. Return broth to pan, stir in fish sauce and sugar; season with black pepper.
- Put steak in freezer for 15 minutes to firm for slicing. Soak noodles in hot water in large bowl for 20 minutes or until soft.
- Add noodles to boiling water; cook 30 seconds.
- Drain, and divide noodles among 6 deep soup bowls. Return broth to boil.
- Remove steak from freezer, halve lengthwise, and slice thinly across the grain; arrange raw slices over noodles. Ladle broth into bowls (boiling broth will cook steak).
- Arrange scallions, mint, bean sprouts, and chilies on large platter.
- Serve soup with platter on side.

Nutrition Facts

PROTEIN 25.27% FAT 13.35% CARBS 61.38%

Properties

Glycemic Index:40.68, Glycemic Load:19.35, Inflammation Score:-3, Nutrition Score:9.1334782579671%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 245.24kcal (12.26%), Fat: 3.61g (5.55%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 35.49g (12.91%), Sugar: 3.19g (3.55%), Cholesterol: 22.68mg (7.56%), Sodium: 1076.15mg (46.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Selenium: 17.7µg (25.28%), Potassium: 804.23mg (22.98%), Manganese: 0.4mg (20.24%), Phosphorus: 154.59mg (15.46%), Vitamin B6: 0.31mg (15.34%), Vitamin K: 15.84µg (15.09%), Vitamin B3: 2.8mg (13.98%), Zinc: 1.91mg (12.72%), Magnesium: 32.3mg (8.07%), Iron: 1.43mg (7.92%), Fiber: 1.82g (7.26%), Folate: 26.49µg (6.62%), Vitamin B12: 0.37µg (6.21%), Vitamin C: 5.08mg (6.16%), Copper: 0.11mg (5.68%), Vitamin B2: 0.09mg (5.11%), Vitamin B1: 0.07mg (4.52%), Calcium: 37.41mg (3.74%), Vitamin B5: 0.37mg (3.69%), Vitamin E: 0.41mg (2.72%), Vitamin A: 64.06IU (1.28%)