



HEALTH SCORE

76%

Pho



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



3

CALORIES



876 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef shanks bone-in
- ☐ 0.5 pound beef sirloin cooked thinly sliced
- ☐ 6 sprigs cilantro leaves
- ☐ 2.5 tablespoons fish sauce
- ☐ 1.5 cups bean sprouts fresh
- ☐ 5 slices ginger root fresh
- ☐ 3 green onions chopped
- ☐ 1 onion

- ☐ 8 ounce rice noodles dried
- ☐ 1 teaspoon salt
- ☐ 1 pod star anise whole

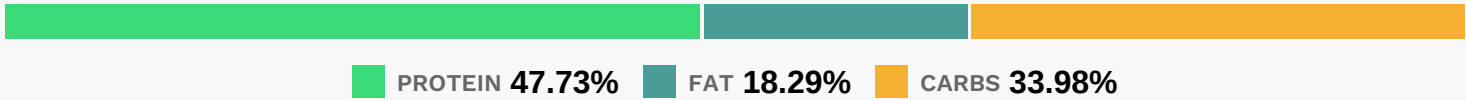
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ In a large pot over medium heat, bring beef shank and 3 quarts water to a boil. Skim off foam. Reduce heat, cover and simmer 4 hours.
- ☐ Preheat oven broiler.
- ☐ Place unpeeled whole onion under broiler until soft.
- ☐ Remove and peel.
- ☐ Stir onion, ginger, anise, salt and fish sauce into beef mixture.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add rice noodles and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Divide noodles into three serving bowls.
- ☐ Place cooked sirloin on top of pasta in bowls.
- ☐ Sprinkle green onions, bean sprouts and cilantro evenly in bowls. Strain beef broth and divide evenly between serving bowls, pouring over assembled ingredients.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:36.83, Inflammation Score:-8, Nutrition Score:46.016521754472%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

Nutrients (% of daily need)

Calories: 876.06kcal (43.8%), Fat: 17.18g (26.43%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 71.79g (23.93%), Net Carbohydrates: 68.47g (24.9%), Sugar: 4.62g (5.14%), Cholesterol: 183.1mg (61.03%), Sodium: 2371.75mg (103.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.87g (201.73%), Vitamin B12: 13.1µg (218.34%), Zinc: 29.27mg (195.14%), Selenium: 99.43µg (142.04%), Vitamin B3: 26.73mg (133.65%), Vitamin B6: 2.36mg (118.11%), Phosphorus: 1058.33mg (105.83%), Iron: 11.37mg (63.15%), Vitamin B2: 1.02mg (59.75%), Potassium: 1931.05mg (55.17%), Vitamin K: 56.76µg (54.06%), Vitamin B1: 0.53mg (35.12%), Manganese: 0.67mg (33.63%), Magnesium: 123.67mg (30.92%), Copper: 0.53mg (26.41%), Folate: 97.54µg (24.39%), Vitamin B5: 2.09mg (20.88%), Vitamin C: 13.35mg (16.18%), Calcium: 137.73mg (13.77%), Fiber: 3.32g (13.28%), Vitamin A: 434.04IU (8.68%), Vitamin E: 0.45mg (2.99%)