



Pho

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 sprigs basil
- 1 cup carrots shredded
- 2 tbsp cilantro leaves fresh chopped
- 1 piece ginger peeled chopped (1/)
- 1 lime cut into 4 wedges
- 1 tbsp juice of lime fresh
- 8 cups chicken broth reduced-sodium
- 1 bell pepper red cored seeded cut into thin strips

- 6 oz vermicelli
- 0.5 cup spring onion chopped
- 1 lb chicken breast boneless skinless cut into 1/4-inch strips
- 1.5 cups snow peas ends trimmed
- 1 star anise

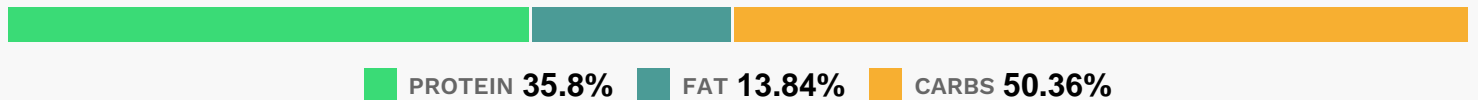
Equipment

- bowl
- ladle
- pot
- colander
- cheesecloth

Directions

- Boil noodles in salted water for 3 minutes.
- Place snowpeas and carrots in a colander; drain noodles over them; rinse; divide among 4 bowls. Tie a sachet of ginger, star anise and cloves in cheesecloth; place in a large pot with broth; boil 5 minutes. Reduce heat to medium; add chicken; simmer 5 minutes.
- Add bell pepper and lime juice. Season with salt.
- Remove sachet. Ladle into bowls; top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:80.71, Glycemic Load:22.19, Inflammation Score:-10, Nutrition Score:31.826956842257%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol:

0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 408.58kcal (20.43%), Fat: 6.37g (9.81%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 48.11g (17.49%), Sugar: 5.53g (6.14%), Cholesterol: 72.57mg (24.19%), Sodium: 378.13mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.21%), Vitamin A: 6965.53IU (139.31%), Vitamin B3: 19.36mg (96.8%), Vitamin C: 72.28mg (87.61%), Selenium: 43.21µg (61.72%), Vitamin B6: 1.12mg (55.83%), Phosphorus: 494.29mg (49.43%), Vitamin K: 50.02µg (47.63%), Potassium: 1150.7mg (32.88%), Manganese: 0.45mg (22.66%), Vitamin B5: 2.16mg (21.56%), Vitamin B2: 0.35mg (20.74%), Copper: 0.39mg (19.48%), Iron: 3.16mg (17.53%), Fiber: 4.07g (16.3%), Magnesium: 61.85mg (15.46%), Folate: 52.43µg (13.11%), Vitamin B1: 0.19mg (12.87%), Zinc: 1.8mg (12.01%), Vitamin B12: 0.7µg (11.65%), Calcium: 81.27mg (8.13%), Vitamin E: 1.18mg (7.86%)