



Pho Bo - Beef Noodle Soup

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 225 g bean sprouts
- 1.7 liters beef consomme canned
- 4 servings chili sauce to taste
- 2 sticks cinnamon
- 4 tablespoons cilantro leaves finely chopped
- 0.5 teaspoon coriander seeds
- 225 g frangelico very finely sliced
- 4 teaspoons fish sauce

- 115 g ginger fresh cut into matchsticks
- 1 teaspoon pepper fresh black
- 4 servings hoisin sauce to taste
- 2 lime cut in half
- 2 to 5 chilies fresh red finely sliced
- 450 g vermicelli
- 1 teaspoon salt
- 8 shallots thinly sliced
- 3 pieces star anise
- 1 teaspoon sugar
- 1 bunch thai basil

Equipment

- bowl
- frying pan
- ladle

Directions

- Make the broth by bringing the stock to a boil.
- Add the ginger, cinnamon, coriander seeds and star anise. Simmer for 15 minutes, then add the sugar, salt, pepper and fish sauce. Strain the broth and return to the pan, keeping hot over a low heat. Boil a pan of water and cook the noodles until al dente. When you put the noodles in the water, put the beef in the hot broth to cook. You don't need to boil it. The beef will cook just from the heat of the broth because it is so thinly sliced.
- Drain and divide the noodles among individual bowls.
- Add a handful of beansprouts, some shallots and coriander. Ladle the hot broth and beef over. At the table, each person can add the hoisin sauce, chilli sauce, lime juice, fresh chilli and basil to taste.

Nutrition Facts



■ PROTEIN 9.74% ■ FAT 3.79% ■ CARBS 86.47%

Properties

Glycemic Index:98.52, Glycemic Load:58.37, Inflammation Score:-8, Nutrition Score:21.383912977965%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 556.16kcal (27.81%), Fat: 2.36g (3.63%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 121.12g (40.37%), Net Carbohydrates: 113.4g (41.23%), Sugar: 10.71g (11.9%), Cholesterol: 0.03mg (0.01%), Sodium: 2929.24mg (127.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.29%), Manganese: 1.4mg (69.95%), Vitamin C: 56.52mg (68.51%), Phosphorus: 323.87mg (32.39%), Vitamin K: 33.51µg (31.92%), Selenium: 22.15µg (31.64%), Fiber: 7.72g (30.9%), Vitamin B6: 0.5mg (25.03%), Vitamin B3: 4.94mg (24.7%), Potassium: 812mg (23.2%), Iron: 3.91mg (21.71%), Magnesium: 80.56mg (20.14%), Folate: 79.77µg (19.94%), Copper: 0.38mg (19.08%), Vitamin B2: 0.24mg (14.08%), Calcium: 124.67mg (12.47%), Vitamin B1: 0.16mg (10.95%), Zinc: 1.59mg (10.59%), Vitamin A: 422.26IU (8.45%), Vitamin B5: 0.71mg (7.1%), Vitamin B12: 0.32µg (5.41%), Vitamin E: 0.55mg (3.67%)