



Quick Vietnamese Noodle Soup with Beef

READY IN



20 min.

SERVINGS



20

CALORIES



14 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon agave syrup
- ☐ 0.5 cup basil chopped
- ☐ 0.5 pound beef tenderloin trimmed very thinly sliced
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 2 tablespoons juice of lime fresh for serving
- ☐ 3 cups chicken stock see low-sodium
- ☐ 1 cup mung bean sprouts
- ☐ 20 servings salt and pepper freshly ground

- ☐ 0.3 cup scallions chopped
- ☐ 1 teaspoon sesame oil toasted
- ☐ 2 packages shirataki noodles rinsed drained see Note
- ☐ 1 tablespoon soya sauce
- ☐ 20 servings sriracha for serving
- ☐ 2 cups water

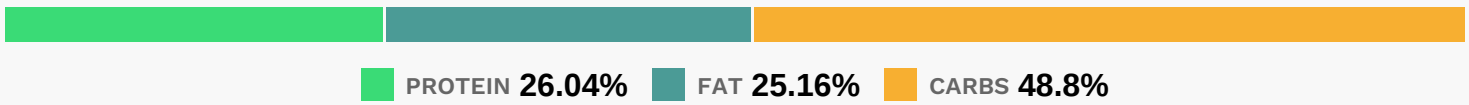
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ tongs

Directions

- ☐ In a large saucepan, combine the chicken stock with the water, agave syrup, grated ginger and soy sauce and bring to a boil.
- ☐ Add the noodles and simmer over low heat for 2 minutes.
- ☐ Add the lime juice and season with salt and pepper.
- ☐ Using tongs, transfer the noodles to bowls.
- ☐ Add the beef to the noodles and ladle the hot broth on top.
- ☐ Drizzle with the sesame oil and top with the basil, cilantro, scallions and bean sprouts.
- ☐ Serve with lime wedges and chile sauce.

Nutrition Facts



Properties

Glycemic Index:10.55, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.2473913191453%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 14.12kcal (0.71%), Fat: 0.44g (0.68%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 259.26mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin K: 7.69µg (7.32%), Vitamin B3: 0.59mg (2.93%), Vitamin C: 1.78mg (2.16%), Copper: 0.04mg (1.87%), Phosphorus: 15.9mg (1.59%), Potassium: 49.55mg (1.42%), Vitamin B2: 0.02mg (1.32%), Folate: 5.14µg (1.29%), Manganese: 0.03mg (1.28%), Vitamin A: 59.6IU (1.19%), Iron: 0.2mg (1.1%)