



Spicy Vietnamese Beef and Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1029 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups bean sprouts
- 1 tablespoon peppercorns black
- 7 cups beef broth canned (four)
- 1 large carrots peeled chopped
- 6 tablespoons cilantro leaves chopped
- 3 tablespoons fish sauce (nam pla)
- 6 servings fish sauce (nam pla)
- 6 tablespoons basil fresh chopped

- 0.7 cup ginger fresh peeled chopped
- 6 tablespoons mint leaves fresh chopped
- 8 garlic clove chopped
- 4 spring onion thinly sliced
- 3 stalks lemon grass chopped
- 6 servings lime wedges
- 2 large onion chopped
- 1 tablespoon sesame oil
- 3.3 pounds oxtail dry
- 5 tablespoons vegetable oil; peanut oil preferred
- 6 radishes thinly sliced
- 4 serrano chiles thinly sliced
- 7 star anise whole (star-shaped)
- 12 ounce udon noodles fresh refrigerated (Japanese wheat noodles)
- 12 cups water

Equipment

- bowl
- ladle
- pot
- tongs

Directions

- Heat peanut oil in heavy large pot over medium-high heat.
- Sprinkle oxtails with salt and pepper.
- Add oxtails to pot and brown on all sides, about 20 minutes.
- Transfer oxtails to large bowl.
- Add onions and next 6 ingredients to same pot. Sauté until vegetables are tender, about 8 minutes. Return oxtails to pot.

- Add 12 cups water, beef broth and 3 tablespoons fish sauce. Cover and simmer gently until oxtails are very tender, about 3 hours.
- Using tongs, transfer oxtails to large bowl. Strain broth into another large pot; discard solids.
- Remove meat from oxtails; discard bones.
- Add meat to broth.
- Refrigerate overnight. Spoon solid fat off top of soup. Cook noodles in large pot of boiling salted water until tender.
- Drain; rinse under cold water. Return to same pot. Toss noodles with sesame oil.
- Bring soup to boil. Divide noodles, sprouts and next 6 ingredients among 6 bowls. Ladle soup into bowls.
- Serve with lime wedges and additional fish sauce.
- *Available at Asian markets and some supermarkets nationwide.

Nutrition Facts



Properties

Glycemic Index:68.53, Glycemic Load:22.54, Inflammation Score:-9, Nutrition Score:19.868695777395%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

Nutrients (% of daily need)

Calories: 1028.73kcal (51.44%), Fat: 49.3g (75.85%), Saturated Fat: 15.74g (98.38%), Carbohydrates: 56.22g (18.74%), Net Carbohydrates: 49.2g (17.89%), Sugar: 11.03g (12.26%), Cholesterol: 270.27mg (90.09%), Sodium: 3028.81mg (131.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.74g (183.48%), Iron: 12.74mg (70.76%), Manganese: 1.06mg (52.99%), Vitamin A: 2494.31IU (49.89%), Vitamin K: 48.78µg (46.46%), Fiber: 7.02g (28.08%), Vitamin C: 19.78mg (23.98%), Folate: 75.95µg (18.99%), Vitamin B3: 3.45mg (17.25%), Potassium: 603.43mg

(17.24%), Magnesium: 68.44mg (17.11%), Copper: 0.32mg (15.96%), Calcium: 158.88mg (15.89%), Vitamin B6: 0.31mg (15.68%), Vitamin E: 2.15mg (14.36%), Phosphorus: 119.47mg (11.95%), Vitamin B2: 0.2mg (11.81%), Vitamin B1: 0.12mg (7.67%), Selenium: 4.38µg (6.26%), Zinc: 0.85mg (5.7%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.24µg (4.07%)