



Taiwanese Beef Noodle Soup

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds beef ribs
- 10 cilantro leaves fresh loosely packed
- 1 cup rice wine chinese
- 1 inch ginger fresh peeled smashed
- 3 garlic clove smashed
- 0.3 cup brown sugar light packed
- 14 ounces chicken broth reduced-sodium
- 1 cup mung bean sprouts fresh

- 4 tablespoons pickled mustard greens chinese
- 4 inch to 5 chilies fresh red thinly sliced
- 0.3 teaspoon pepper dried red hot
- 1 bunch spring onion white with flat side of a large knife and green parts chopped smashed
- 1 cup soya sauce
- 4 inch lime zest dried
- 5 cups water
- 4 star anise whole
- 10 ounces pasta dried chinese

Equipment

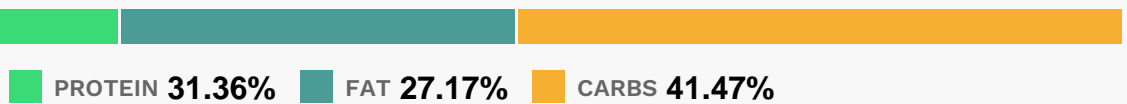
- bowl
- sauce pan
- ladle
- pot
- sieve
- tongs
- colander
- cutting board
- cheesecloth

Directions

- Bring water, soy sauce, rice wine, brown sugar, ginger, white parts of scallion, garlic, cilantro stems, tangerine peel, star anise, and red pepper flakes to a boil in a 5- to 6-quart pot, then reduce heat and simmer, uncovered, 10 minutes.
- Add short ribs and gently simmer, covered, turning occasionally, until meat is very tender but not falling apart, 2 1/4 to 2 1/2 hours.
- Let meat stand in cooking liquid, uncovered, 1 hour.
- Transfer meat to a cutting board with tongs and discard bones and membranes, then cut meat across the grain into 1/2-inch-thick slices. 3

- Pour beef broth through a cheesecloth-lined sieve into a bowl and discard solids. Skim fat from cooking liquid and transfer liquid to a 3-quart saucepan.
- Add chicken broth and meat and reheat soup over moderately low heat.
- Meanwhile, cook noodles in a 6- to 8-quart pot of (unsalted) boiling water until tender, about 7 minutes (14 to 15 minutes for linguine).
- Drain noodles well in a colander and divide among 4 large soup bowls.
- Ladle broth over noodles and top with meat, scallion greens, bean sprouts, pickled mustard greens, cilantro sprigs, and red chile (if using).
- *Available at some Asian markets.
- **Available at some Asian markets and Uwajimaya (800-889-1928).
- Meat and beef broth can be cooked and strained 3 days ahead. Cool completely, uncovered, then chill meat in broth, covered. Skim fat before adding chicken broth.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:42.696087033852%

Flavonoids

Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 813.39kcal (40.67%), Fat: 23.05g (35.46%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 79.15g (26.38%), Net Carbohydrates: 77.09g (28.03%), Sugar: 16.13g (17.92%), Cholesterol: 122.1mg (40.7%), Sodium: 3478.54mg (151.24%), Alcohol: 9.66g (100%), Alcohol %: 1.41% (100%), Protein: 59.86g (119.72%), Manganese: 2.68mg (133.95%), Selenium: 83.82µg (119.74%), Vitamin B12: 7.11µg (118.58%), Zinc: 12.25mg (81.67%), Vitamin B3: 14.78mg (73.91%), Phosphorus: 720.66mg (72.07%), Vitamin B6: 1.2mg (59.95%), Iron: 9.75mg (54.19%), Vitamin K: 55.66µg (53.01%), Magnesium: 192.51mg (48.13%), Vitamin B1: 0.61mg (40.95%), Potassium: 1383.61mg (39.53%), Copper: 0.74mg (37.04%), Vitamin B2: 0.6mg (35.22%), Folate: 93.54µg (23.39%), Vitamin B5: 1.79mg (17.93%), Vitamin C: 11.25mg (13.63%), Calcium: 114.15mg (11.41%), Vitamin A: 496.18IU (9.92%), Fiber: 2.05g (8.21%), Vitamin E: 0.28mg (1.85%)