



Turkey Pho

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 3 inch cinnamon sticks
- ☐ 3 tablespoons fish sauce
- ☐ 2 cups fresh bean sprouts fresh
- ☐ 0.3 cup fresh cilantro fresh chopped
- ☐ 3 inch ginger fresh peeled halved
- ☐ 0.3 cup green onions thinly sliced (2)

- ☐ 1 jalapeno seeded thinly sliced
- ☐ 6 lime wedges
- ☐ 0.5 cup mint leaves fresh
- ☐ 1 medium onion peeled halved
- ☐ 4 ounces rice noodles uncooked (banh pho)
- ☐ 0.3 teaspoon salt
- ☐ 6 servings sriracha such as huy fong; optional) hot
- ☐ 4 star anise
- ☐ 0.3 cup thai basil fresh thinly sliced
- ☐ 3 cups turkey meat shredded cooked
- ☐ 8 cups turkey stock

Equipment

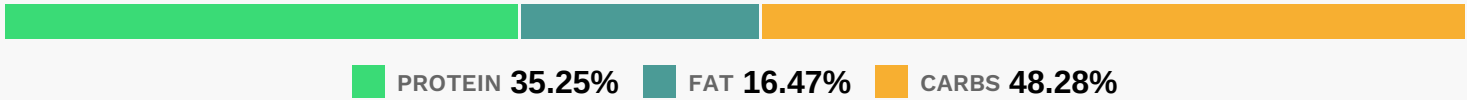
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ grill pan

Directions

- ☐ Combine first 7 ingredients in a large stockpot over medium-high heat; bring to a boil. Reduce heat, and simmer 30 minutes. Strain broth through a sieve into a large bowl; discard solids. Return broth to pan; keep warm.
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; cook 8 minutes or until charred on each side.
- ☐ Remove from heat; cool slightly. Slice onion thinly; add to broth.

- ☐ Add turkey and next 5 ingredients (through salt) to pan; bring to a boil. Cook 2 minutes or until thoroughly heated.
- ☐ Place about 1/2 cup noodles in each of 6 bowls. Ladle about 1 1/3 cups broth mixture over each serving.
- ☐ Serve with cilantro, mint, lime wedges, and jalapeo.
- ☐ Serve with hoisin and Sriracha, if desired.

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:10, Inflammation Score:0, Nutrition Score:18.953478354475%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 304.17kcal (15.21%), Fat: 5.57g (8.57%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 33.99g (12.36%), Sugar: 9.48g (10.54%), Cholesterol: 56.36mg (18.79%), Sodium: 1381.37mg (60.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.65%), Vitamin B3: 11.43mg (57.15%), Vitamin B6: 0.78mg (39.08%), Selenium: 26.96µg (38.51%), Vitamin K: 34.7µg (33.04%), Phosphorus: 286.42mg (28.64%), Vitamin B2: 0.49mg (28.58%), Vitamin C: 17.98mg (21.79%), Potassium: 708.14mg (20.23%), Manganese: 0.4mg (20.04%), Copper: 0.36mg (18.17%), Magnesium: 68.42mg (17.1%), Folate: 62.78µg (15.7%), Vitamin B12: 0.91µg (15.19%), Zinc: 2.22mg (14.82%), Iron: 2.59mg (14.41%), Vitamin B1: 0.21mg (13.82%), Fiber: 2.76g (11.03%), Vitamin A: 479.45IU (9.59%), Vitamin B5: 0.86mg (8.58%), Calcium: 66.65mg (6.67%), Vitamin E: 0.43mg (2.86%)