



Vietnamese Beef-Noodle Bowl

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28.5 ounce beef broth fat-free canned
- ☐ 0.3 teaspoon pepper black
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 3 tablespoons fish sauce
- ☐ 1 cup basil fresh sliced
- ☐ 2 cups bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 1.5 inch ginger fresh peeled sliced
- ☐ 0.3 cup spring onion minced
- ☐ 4 ounces vermicelli uncooked
- ☐ 2 tablespoons rice vinegar (rice wine)
- ☐ 0.5 teaspoon salt
- ☐ 2.5 tablespoons shallots minced
- ☐ 1.5 pounds sirloin steak thinly sliced
- ☐ 8 cups water

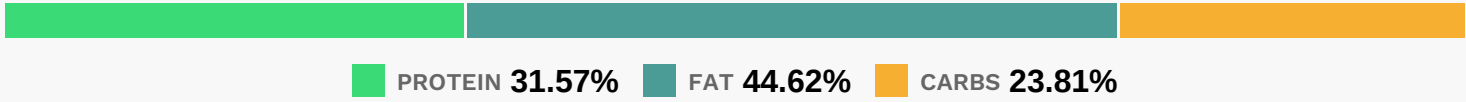
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients in a large Dutch oven; bring to a boil. Reduce heat; simmer 30 minutes. Strain broth; discard solids. Return broth to pan.
- ☐ Place rice noodles in a large bowl; cover with hot water.
- ☐ Let stand 15 minutes; drain. Cook noodles in boiling water 1 minute or until tender; drain.
- ☐ Combine the beef, shallots, sake, and minced ginger in a large zip-top plastic bag; seal and marinate in refrigerator 10 minutes.
- ☐ Add beef mixture to broth in pan; bring to a boil. Reduce heat to medium; cook 3 minutes. Stir in bean sprouts and next 6 ingredients (bean sprouts through black pepper); cook 1 minute.
- ☐ Place the noodles into each of 6 large bowls; top with broth mixture.
- ☐ Garnish with sliced chile and lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:9.31, Inflammation Score:-5, Nutrition Score:17.395652428917%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 355.36kcal (17.77%), Fat: 17.35g (26.7%), Saturated Fat: 7.02g (43.9%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 18.88g (6.86%), Sugar: 2.28g (2.54%), Cholesterol: 63.5mg (21.17%), Sodium: 1517.07mg (65.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.25%), Vitamin B12: 3.29µg (54.83%), Vitamin K: 39.96µg (38.05%), Selenium: 23.72µg (33.88%), Vitamin B3: 5.79mg (28.95%), Zinc: 4.15mg (27.69%), Vitamin B6: 0.54mg (27.23%), Phosphorus: 271.88mg (27.19%), Manganese: 0.5mg (25.08%), Iron: 3.41mg (18.92%), Vitamin B2: 0.29mg (17.29%), Potassium: 566.59mg (16.19%), Magnesium: 60.48mg (15.12%), Copper: 0.25mg (12.64%), Folate: 43.56µg (10.89%), Vitamin B1: 0.16mg (10.66%), Vitamin C: 6.89mg (8.35%), Fiber: 1.96g (7.82%), Vitamin A: 324.95IU (6.5%), Calcium: 61.31mg (6.13%), Vitamin B5: 0.57mg (5.7%)