



Vietnamese Beef-Noodle Soup with Asian Greens

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby bok choy leaves
- ☐ 1 teaspoon brown sugar
- ☐ 2 cardamom pods
- ☐ 2 teaspoons fish sauce
- ☐ 0.3 cup basil fresh
- ☐ 1 cup bean sprouts fresh
- ☐ 3 inch ginger fresh peeled thinly sliced

- ☐ 0.3 cup mint leaves fresh
- ☐ 2 garlic clove halved
- ☐ 4 cups less-sodium beef broth fat-free
- ☐ 4 lime wedges
- ☐ 1 tablespoon soy sauce
- ☐ 4 ounces vermicelli uncooked
- ☐ 8 ounce sirloin steak
- ☐ 1 cup snow peas trimmed
- ☐ 1 star anise
- ☐ 1 small thai chile fresh thinly sliced into rings
- ☐ 2 cups water
- ☐ 1.5 cups onion yellow thinly sliced

Equipment

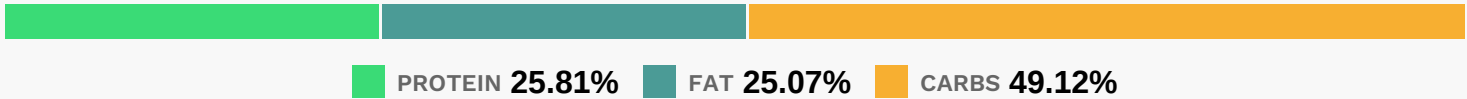
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ sieve

Directions

- ☐ Freeze beef for 10 minutes; cut across grain into 1/8-inch-thick slices.
- ☐ Cook noodles according to package directions.
- ☐ Drain and rinse with cold water; drain.
- ☐ Place onion and next 5 ingredients (through star anise) in a large saucepan; cook over medium-high heat 5 minutes, stirring frequently.
- ☐ Add broth and 2 cups water; bring to a boil. Strain broth mixture through a fine sieve over a bowl; discard solids. Return broth to pan.
- ☐ Add soy sauce, sugar, and fish sauce; bring to a boil.

- ☐
- Add bok choy and snow peas; simmer 4 minutes or until peas are crisp-tender and bok choy wilts.
- ☐
- Arrange 1/2 cup noodles into each of 4 large bowls. Divide raw beef and chile slices evenly among bowls. Ladle about 1 2/3 cups hot soup over each serving (broth will cook beef). Top each serving with 1/4 cup bean sprouts, 1 tablespoon basil, and 1 tablespoon mint.
- ☐
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:15.4, Inflammation Score:-10, Nutrition Score:23.850869857747%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 8.03mg, Hesperetin: 8.03mg, Hesperetin: 8.03mg, Hesperetin: 8.03mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.87mg, Quercetin: 13.87mg, Quercetin: 13.87mg, Quercetin: 13.87mg

Nutrients (% of daily need)

Calories: 320.79kcal (16.04%), Fat: 9.1g (14%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 40.09g (13.36%), Net Carbohydrates: 35.57g (12.93%), Sugar: 6.97g (7.75%), Cholesterol: 31.75mg (10.58%), Sodium: 960.84mg (41.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.14%), Vitamin C: 63.3mg (76.73%), Vitamin A: 3618.29IU (72.37%), Vitamin K: 53.27µg (50.73%), Manganese: 0.85mg (42.34%), Potassium: 1123.43mg (32.1%), Vitamin B6: 0.56mg (27.75%), Vitamin B12: 1.59µg (26.51%), Folate: 97.79µg (24.45%), Phosphorus: 232.68mg (23.27%), Selenium: 15.26µg (21.8%), Iron: 3.45mg (19.17%), Zinc: 2.72mg (18.1%), Fiber: 4.52g (18.1%), Magnesium: 64.49mg (16.12%), Vitamin B3: 3.17mg (15.86%), Vitamin B2: 0.25mg (14.95%), Calcium: 141.15mg (14.12%), Vitamin B1: 0.2mg (13.18%), Copper: 0.24mg (12.02%), Vitamin B5: 0.7mg (7%), Vitamin E: 0.28mg (1.9%)