






 **42%**
HEALTH SCORE

Vietnamese Beef-Noodle Soup With Asian Greens, Okay Vietnamese/Japanese

 Dairy Free

READY IN

45 min.

SERVINGS

4

CALORIES

454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby bok choy leaves
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 2 cardamom pods
- 2 teaspoons fish sauce
- 0.3 cup basil fresh (thai)
- 0.3 cup basil fresh (thai)

- 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
- 2 tablespoons miso light
- 4 ounces vermicelli uncooked thin (maifun)
- 4 ounces vermicelli uncooked thin (maifun)
- 1 teaspoon sesame oil
- 8 ounce sirloin steak
- 1 cup snow peas trimmed
- 1 star anise
- 1 inch thai chile fresh thinly sliced into rings (no thai chiles town anywhere!)
- 2 cups water (I used dashi)
- 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 (dashi); bring to a boil. Strain broth mixture through a fine sieve over a bowl; discard solids. Return broth to pan.
- Add soy sauce, sugar, fish sauce, and sesame oil; bring to a boil.
- Add bok choy and snow peas; simmer 4 minutes or until peas are crisp-tender and bok choy wilts.
- Add miso at the last minute. Arrange 1/2 cup noodles into each of 4 large bowls. Divide raw beef and chile slices sambal oelek 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. Makes 4 servings.

Nutrition Facts

PROTEIN 20.28% **FAT 21.21%** **CARBS 58.51%**

Properties

Glycemic Index: 107.75, Glycemic Load: 29.88, Inflammation Score: -10, Nutrition Score: 26.35%

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: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg 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: 13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg

Taste

Sweetness: 53.43%, Saltiness: 100%, Sourness: 45.24%, Bitterness: 59.82%, Savoriness: 73.06%, Fattiness: 48.75%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 453.75kcal (22.69%), Fat: 10.78g (16.58%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 66.86g (22.29%), Net Carbohydrates: 61.4g (22.33%), Sugar: 8.47g (9.41%), Cholesterol: 31.75mg (10.58%), Sodium: 1329.82mg (57.82%), Protein: 23.18g (46.36%), Vitamin C: 63.29mg (76.72%), Vitamin A: 3703.45IU (74.07%),

Vitamin K: 62.1µg (59.14%), Manganese: 1.08mg (53.93%), Potassium: 1155.15mg (33%), Phosphorus: 290.4mg (29.04%), Vitamin B6: 0.58mg (28.93%), Selenium: 20.15µg (28.79%), Vitamin B12: 1.6µg (26.62%), Folate: 101.26µg (25.31%), Fiber: 5.46g (21.83%), Iron: 3.91mg (21.75%), Zinc: 3.16mg (21.03%), Magnesium: 72.99mg (18.25%), Vitamin B3: 3.32mg (16.62%), Vitamin B2: 0.28mg (16.46%), Calcium: 154.57mg (15.46%), Copper: 0.3mg (15.21%), Vitamin B1: 0.22mg (14.35%), Vitamin B5: 0.75mg (7.47%), Vitamin E: 0.31mg (2.07%)