



Vietnamese Beef Pho

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bean sprouts
- ☐ 4 quarts beef broth
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 cup cilantro leaves loosely packed
- ☐ 1 cinnamon sticks
- ☐ 3 tablespoons fish sauce
- ☐ 1 cup basil leaves fresh
- ☐ 6 slices ginger root fresh

- ☐ 1 cup mint leaves fresh
- ☐ 0.5 tablespoon hoisin sauce
- ☐ 3 jalapeño peppers fresh sliced into rings
- ☐ 1 lemon grass
- ☐ 2 limes cut into wedges
- ☐ 1 large onion sliced into rings
- ☐ 1 dash pepper sauce hot
- ☐ 16 ounce rice noodles dried
- ☐ 1 pound sirloin tip cut into thin slices

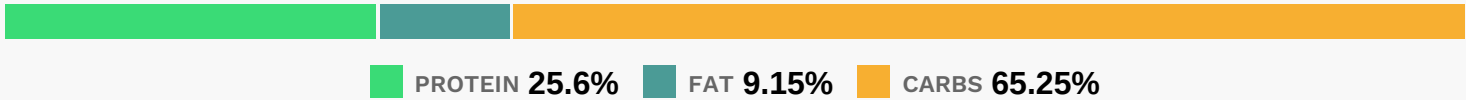
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ In a large soup pot, combine broth, onion, ginger, lemon grass, cinnamon, and peppercorns. Bring to a boil, reduce heat, and cover. Simmer for 1 hour.
- ☐ Arrange bean sprouts, mint, basil, and cilantro on a platter with chilies and lime.
- ☐ Soak the noodles in hot water to cover for 15 minutes or until soft.
- ☐ Drain.
- ☐ Place equal portions of noodles into 6 large soup bowls, and place raw beef on top. Ladle hot broth over noodles and beef. Pass platter with garnishes and sauces.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:37.13, Inflammation Score:-8, Nutrition Score:25.436956737352%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 10.37mg, Hesperetin: 10.37mg, Hesperetin: 10.37mg, Hesperetin: 10.37mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 461.73kcal (23.09%), Fat: 4.63g (7.12%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 74.3g (24.77%), Net Carbohydrates: 69.86g (25.4%), Sugar: 4.07g (4.52%), Cholesterol: 46.16mg (15.39%), Sodium: 3264.33mg (141.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.31%), Selenium: 40.92µg (58.45%), Vitamin B3: 10.35mg (51.73%), Manganese: 0.97mg (48.66%), Vitamin B12: 2.65µg (44.24%), Phosphorus: 409.93mg (40.99%), Vitamin K: 40.41µg (38.49%), Zinc: 5.33mg (35.51%), Vitamin B6: 0.71mg (35.51%), Vitamin C: 25.67mg (31.12%), Iron: 4.79mg (26.6%), Potassium: 910.62mg (26.02%), Vitamin B2: 0.4mg (23.6%), Magnesium: 81.71mg (20.43%), Fiber: 4.45g (17.79%), Folate: 70.49µg (17.62%), Vitamin A: 811.58IU (16.23%), Copper: 0.29mg (14.66%), Calcium: 115.46mg (11.55%), Vitamin B5: 1.11mg (11.07%), Vitamin B1: 0.16mg (10.78%), Vitamin E: 0.6mg (4%)