



Vietnamese-Style Beef Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons fish sauce to taste
- ☐ 28 fluid ounces beef broth
- ☐ 0.3 cup basil fresh loosely packed
- ☐ 6 ounces bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 0.4 inch ginger fresh smashed
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 3 tablespoons juice of lime fresh

- ☐ 4 servings lime wedges
- ☐ 6 ounces vermicelli dried (rice vermicelli)
- ☐ 0.5 pound pan drippings from roast beef preferably thinly sliced (from deli counter)
- ☐ 1 teaspoon serrano chiles fresh minced to taste
- ☐ 1 cup shallots sliced (3 large)
- ☐ 1 cup snow peas
- ☐ 1 tablespoon vegetable oil
- ☐ 1.8 cups water

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ colander

Directions

- ☐ Cook noodles in a 4-quart pot of boiling water (not salted) 4 minutes, then add snow peas and boil 1 minute.
- ☐ Drain in a colander and rinse under cold running water to stop cooking.
- ☐ Drain well. Divide noodles and snow peas among 4 large soup bowls.
- ☐ Cook shallots, ginger, and chile in oil in same pot over moderate heat, stirring occasionally, until shallots are browned, 7 to 8 minutes.
- ☐ Add broth and water and simmer, uncovered, 10 minutes.
- ☐ While broth is simmering, divide roast beef, bean sprouts, and herbs among soup bowls with noodles.
- ☐ Discard ginger from broth and stir in fish sauce, lime juice, and salt to taste. Ladle broth into bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:22.6, Inflammation Score:-8, Nutrition Score:20.314347961675%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 344.07kcal (17.2%), Fat: 6.32g (9.73%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 47.79g (17.38%), Sugar: 8.13g (9.04%), Cholesterol: 32.32mg (10.77%), Sodium: 2778.04mg (120.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.03%), Vitamin C: 55.98mg (67.86%), Vitamin K: 36.34µg (34.61%), Vitamin B3: 6.92mg (34.6%), Manganese: 0.65mg (32.31%), Vitamin B6: 0.6mg (30.19%), Phosphorus: 279.33mg (27.93%), Calcium: 237.91mg (23.79%), Iron: 3.79mg (21.03%), Selenium: 14.07µg (20.1%), Folate: 80.04µg (20.01%), Zinc: 2.94mg (19.59%), Vitamin B12: 1.17µg (19.56%), Magnesium: 77.86mg (19.47%), Potassium: 676.15mg (19.32%), Fiber: 4.36g (17.43%), Vitamin B2: 0.22mg (13.24%), Copper: 0.26mg (13.02%), Vitamin A: 556.12IU (11.12%), Vitamin B1: 0.16mg (10.63%), Vitamin B5: 0.8mg (8.03%), Vitamin E: 0.51mg (3.39%)