

Recipe Analyzer Results

A single serving of this recipe has 306 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 306

% Daily Value*

Total Fat 11.3g 14%

Saturated Fat 4.1g 21%

Cholesterol 40mg 13%

Sodium 1015mg 44%

Total Carbohydrate 25g 9%

Dietary Fiber 2.7g 10%

Total Sugars 5.4g

Protein 25.9g

Vitamin D 0mcg 0%

Calcium 67mg 5%

Iron 4mg 20%

Ingredients:

- 1 onion, quartered
- 3 1/2 cm (1 1/2 inch) piece fresh ginger, peeled and halved
- 1 each cinnamon stick and star anise
- 2 cloves garlic, whole
- 1 pinch hot pepper flakes
- 1 l (4 cups) low sodium beef broth
- 250 ml (1 cup) water
- 125 ml (1/2 cup) matchstick or shredded carrot
- 1 red bell pepper, thinly sliced
- 15 ml (1 tbsp) lime juice
- 5 ml (1 tsp) sodium reduced soy sauce
- 125 g (4 oz) brown rice vermicelli noodles
- 227 g (8 oz) striploin steak, well-trimmed and very thinly sliced
- 250 ml (1 cup) bean sprouts
- 50 ml (1/4 cup) fresh cilantro, mint and basil leaves, chopped

Potassium 477mg

10%

Nutrition Facts

Servings: 4

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**