

# Healthy Chicken Pho

Yield: 3 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/happy-pho-vietnamese-brown-rice-noodles-recipe>

## Ingredients:

- 6 cups no salt added chicken broth or you can use 7 cups broth with 2 cups water for added flavor
- 3 cups water or 2 cups water with 7 cups broth for added flavor
- 1 pound skinless chicken breast
- 4 ounces brown rice noodles
- 2 tablespoons garlic paste
- 2/3 cup chopped onion
- sea salt to taste
- 1 cinnamon stick
- 5 green cardamom pods /seeds, for extra flavor, break these open
- 4 cloves
- 1 1/2 teaspoons fennel seeds
- 1/2 tablespoon lemongrass
- 1 star anise recommended if you can find it
- jalapeno
- basil
- red onion
- green onions
- cilantro
- bean sprouts
- red pepper
- lime

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 95 milligrams
4. Fat: 12 grams
5. Fiber: 10 grams
6. Protein: 46 grams

7. SaturatedFat: 2 grams
  8. Sodium: 610 milligrams
  9. Sugar: 4 grams
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