

Healthy Vietnamese Pho Soup

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-vietnamese-pho-recipe>

Ingredients:

- 5 15/16 cups noodles House Foods Shirataki Spaghetti
- 1 onion medium, chopped
- 1 tablespoon ginger
- garlic
- 2 teaspoons canola oil
- kosher salt
- pepper
- 3 3/4 cups chicken stock
- sliced chicken optional
- 2 tablespoons fish sauce optional
- 1 tablespoon sesame oil
- 1 cup bean sprouts fresh
- 4 scallions chopped
- 2 jalapeno peppers red and green, seeds and veins removed, optional
- hoisin sauce
- gluten
- Sriracha sauce

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 175 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 54 grams
7. SaturatedFat: 3 grams
8. Sodium: 1090 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Healthy Vietnamese Pho Soup above. You can see more 15 healthy vietnamese pho recipe Get cooking and enjoy! to get more great cooking ideas.