



A Pad Thai Worth Making

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

3

CALORIES

calories

780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 3 cups bean sprouts
- ☐ 0.3 cup chicken stock see
- ☐ 2 tablespoons dry-roasted peanuts unsalted chopped
- ☐ 2 eggs beaten
- ☐ 3 tablespoons fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic chopped

- ☐ 6 green onions chopped
- ☐ 1 lime cut into 8 wedges
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons oyster sauce
- ☐ 1.5 tablespoons asian chile pepper sauce divided
- ☐ 8 ounce flat rice noodles dried
- ☐ 8 ounces shrimp deveined peeled
- ☐ 8 ounces chicken breast halves boneless skinless cut into 1 inch cubes
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon sugar white

Equipment

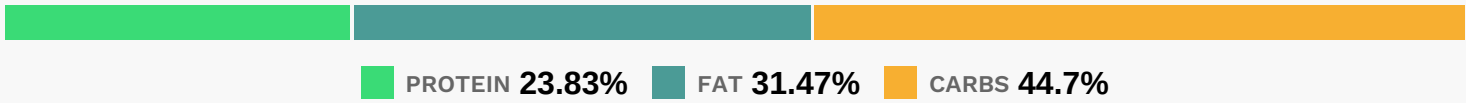
- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Fill a large bowl with hot tap water and place the noodles in it to soak for 20 minutes.
- ☐ In a small bowl, stir together the fish sauce, lime juice, sugar, oyster sauce, 2 teaspoons of the chile sauce and chicken stock. Set aside.
- ☐ Heat a wok or large skillet over high heat and add vegetable oil. When the oil is hot, stir in garlic and cook for about 10 seconds.
- ☐ Add shrimp and chicken; cook, stirring constantly until shrimp is opaque and chicken is cooked through, 5 to 7 minutes.
- ☐ Move everything in the wok out to the sides and pour the eggs in the center. Cook and stir the eggs until firm.
- ☐ Add the noodles to the wok and pour in the sauce. Cook, stirring constantly, until the noodles are tender.
- ☐ Add a bit more water if needed to finish cooking the noodles. Stir in 3 cups of bean sprouts and green onions.

- ☐
- Remove from the heat and garnish with chopped peanuts. Taste for seasoning, adjusting the spice or lime juice if needed.
- ☐
- Serve garnished with fresh cilantro and remaining bean sprouts and lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:99.7, Glycemic Load:40, Inflammation Score:-8, Nutrition Score:35.574348035066%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 11.41mg, Hesperetin: 11.41mg, Hesperetin: 11.41mg, Hesperetin: 11.41mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 780.48kcal (39.02%), Fat: 27.75g (42.69%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 88.65g (29.55%), Net Carbohydrates: 82.15g (29.87%), Sugar: 13.94g (15.49%), Cholesterol: 279.82mg (93.27%), Sodium: 2171.84mg (94.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.27g (94.55%), Vitamin K: 146.05µg (139.1%), Selenium: 49.46µg (70.66%), Phosphorus: 646.65mg (64.67%), Vitamin C: 52.96mg (64.19%), Vitamin B3: 11.6mg (58.01%), Manganese: 1.06mg (53.02%), Vitamin B6: 0.99mg (49.37%), Folate: 166.99µg (41.75%), Copper: 0.82mg (41.13%), Magnesium: 149.58mg (37.39%), Potassium: 1086.26mg (31.04%), Vitamin B2: 0.52mg (30.84%), Fiber: 6.49g (25.98%), Vitamin B5: 2.47mg (24.7%), Iron: 4.31mg (23.93%), Zinc: 3.5mg (23.33%), Vitamin B1: 0.3mg (19.81%), Vitamin E: 2.43mg (16.2%), Calcium: 157.86mg (15.79%), Vitamin A: 642.38IU (12.85%), Vitamin B12: 0.55µg (9.13%), Vitamin D: 0.66µg (4.42%)