



## Chicken Pad Thai

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 tablespoons asian fish sauce
- 2 cups bean sprouts
- 0.3 teaspoon cayenne
- 0.5 cup lightly cilantro leaves packed
- 3 tablespoons cooking oil
- 4 cloves garlic chopped
- 2 tablespoons juice of lime
- 0.8 pound pasta

- 1.5 teaspoons rice-wine vinegar
- 0.8 teaspoon salt
- 0.7 cup peanuts salted chopped fine
- 1 pound chicken breasts boneless skinless cut into 1-inch cubes ( 3)
- 3.5 tablespoons sugar
- 0.5 pound spicy tofu firm cut into 1/4-inch cubes
- 1 cup water

## Equipment

- bowl
- frying pan
- pot
- wok

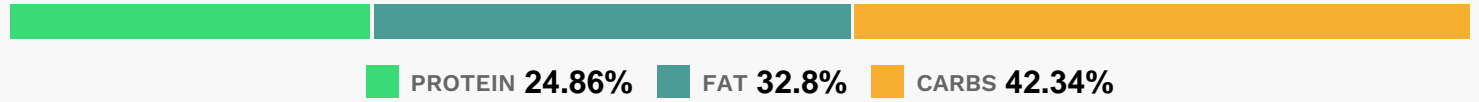
## Directions

- In a small bowl, combine the chicken and 1/2 teaspoon of the fish sauce. In another bowl, combine the tofu with another 1/2 teaspoon of the fish sauce. In a medium glass or stainless-steel bowl, combine the remaining 5 tablespoons fish sauce with the water, 1 1/2 tablespoons of the lime juice, the vinegar, sugar, salt, and cayenne.
- In a pot of boiling, salted water, cook the linguine until done, about 12 minutes.
- Drain.
- Meanwhile, in a wok or large frying pan, heat 1 tablespoon of the oil over moderately high heat.
- Add the chicken and cook, stirring, until just done, 3 to 4 minutes.
- Remove. Put another tablespoon of oil in the pan.
- Add the tofu and cook, stirring, for 2 minutes.
- Remove.
- Put the remaining 1 tablespoon oil in the pan, add the garlic and cook, stirring, for 30 seconds.
- Add the pasta and the fish-sauce mixture. Cook, stirring, until nearly all the liquid is absorbed, about 3 minutes. Stir in the chicken, tofu, and 1/3 cup peanuts.

Remove from the heat. Stir in the remaining 1/2 tablespoon lime juice, the bean sprouts, and half the cilantro. Top with the remaining peanuts and cilantro.

Wine Recommendation: Anything more than a straightforward white with some residual sugar would be pointless with the forceful flavors of the pad thai. A riesling from California or Australia will be fine.

## Nutrition Facts



## Properties

Glycemic Index:67.77, Glycemic Load:33.28, Inflammation Score:-8, Nutrition Score:31.032173954922%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 797.58kcal (39.88%), Fat: 29.33g (45.12%), Saturated Fat: 3.81g (23.78%), Carbohydrates: 85.19g (28.4%), Net Carbohydrates: 78.73g (28.63%), Sugar: 16.07g (17.86%), Cholesterol: 72.57mg (24.19%), Sodium: 2454.39mg (106.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.03g (100.05%), Selenium: 94.76µg (135.37%), Vitamin B3: 17.88mg (89.4%), Manganese: 1.59mg (79.26%), Vitamin B6: 1.21mg (60.67%), Phosphorus: 529.74mg (52.97%), Magnesium: 168.42mg (42.1%), Vitamin K: 31.35µg (29.86%), Copper: 0.56mg (28.02%), Potassium: 974.42mg (27.84%), Vitamin B5: 2.58mg (25.84%), Fiber: 6.46g (25.84%), Folate: 95.91µg (23.98%), Iron: 3.52mg (19.56%), Vitamin B1: 0.28mg (18.82%), Zinc: 2.66mg (17.76%), Vitamin B2: 0.27mg (16.07%), Vitamin E: 2.3mg (15.36%), Vitamin C: 12.16mg (14.74%), Calcium: 145.44mg (14.54%), Vitamin B12: 0.33µg (5.58%), Vitamin A: 238.63IU (4.77%)