



Chicken Pad Thai

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz vermicelli
- 4 tablespoons canola oil
- 3 cloves garlic finely chopped
- 0.3 cup spring onion sliced
- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 2 tablespoons soya sauce
- 2 eggs beaten
- 1 cup bean sprouts fresh

- 1 juice of lime
- 3 tablespoons rice vinegar
- 3 tablespoons fish sauce
- 0.3 cup sugar
- 1 serving pepper red crushed to taste
- 0.3 cup peanuts chopped
- 0.3 cup cilantro leaves fresh chopped

Equipment

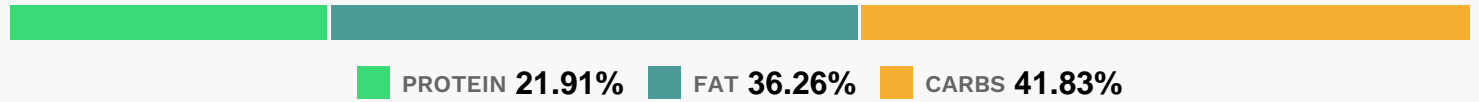
- bowl
- frying pan
- wok

Directions

- In large bowl, soak noodles in boiling water about 10 minutes or until soft.
- Drain; set aside.
- Meanwhile, in small bowl, mix sauce ingredients; set aside.
- In wok or large heavy skillet, heat 2 tablespoons of the oil over medium-high heat.
- Add garlic and onions; stir-fry 2 minutes.
- Add chicken and soy sauce; stir-fry 3 to 5 minutes longer until chicken is no longer pink in center.
- Remove chicken to plate; cover to keep warm.
- In wok, heat remaining 2 tablespoons oil over medium-high heat.
- Add eggs; cook 2 to 3 minutes, stirring until scrambled and firm.
- Add softened noodles, sauce and chicken. Cook 2 minutes.
- Add bean sprouts; cook 2 to 3 minutes longer, stirring frequently, until noodles are tender and sprouts are no longer crisp. If mixture seems dry, stir in 1/4 cup water and cook until thoroughly heated.
- Spoon into large serving bowl or individual bowls.

Sprinkle with peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:50.22, Glycemic Load:24.04, Inflammation Score:-5, Nutrition Score:16.207391469375%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 424.87kcal (21.24%), Fat: 17.06g (26.24%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 42.23g (15.36%), Sugar: 9.75g (10.83%), Cholesterol: 102.94mg (34.31%), Sodium: 1228.84mg (53.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.37%), Selenium: 36.36µg (51.95%), Vitamin B3: 9.93mg (49.66%), Vitamin B6: 0.72mg (35.95%), Phosphorus: 301.07mg (30.11%), Manganese: 0.55mg (27.36%), Vitamin K: 23.67µg (22.54%), Magnesium: 65.35mg (16.34%), Vitamin B5: 1.59mg (15.89%), Vitamin E: 2.13mg (14.18%), Potassium: 469.77mg (13.42%), Folate: 50.48µg (12.62%), Vitamin B2: 0.21mg (12.19%), Vitamin B1: 0.15mg (9.85%), Copper: 0.19mg (9.48%), Iron: 1.66mg (9.2%), Zinc: 1.25mg (8.34%), Fiber: 2.03g (8.12%), Vitamin C: 6.17mg (7.48%), Vitamin A: 294.6IU (5.89%), Vitamin B12: 0.32µg (5.42%), Calcium: 43.24mg (4.32%), Vitamin D: 0.37µg (2.46%)