



Classic Pad Thai

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pepperoncini peppers very thinly sliced
- ☐ 0.3 cup cilantro leaves
- ☐ 1 tablespoon shrimp dried
- ☐ 0.3 cup dry-roasted peanuts unsalted chopped
- ☐ 2 large eggs lightly beaten
- ☐ 3 ounces extra-firm tofu cut into thin strips
- ☐ 1 tablespoon fish sauce
- ☐ 4 cups bean sprouts fresh divided

- ☐ 3 garlic cloves minced
- ☐ 3 green onions with flat side of a knife, and cut into 1 1/2-inch pieces crushed trimmed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 3 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 6 ounces flat rice noodles uncooked (pad Thai noodles)
- ☐ 0.3 cup rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 2 ounce chicken thigh boneless skinless cut into thin strips
- ☐ 4 teaspoons sugar divided
- ☐ 1 tablespoon water

Equipment

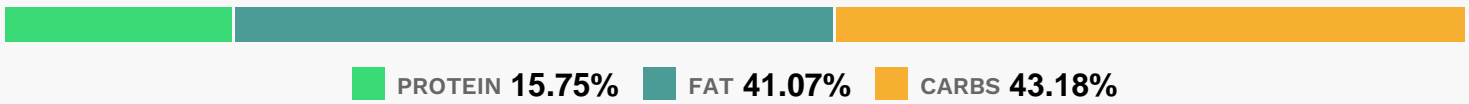
- ☐ frying pan
- ☐ paper towels
- ☐ wok

Directions

- ☐ Prepare the noodles according to package directions; drain.
- ☐ Combine vinegar and 1 tablespoon sugar, stirring until sugar dissolves.
- ☐ Add banana pepper; set aside.
- ☐ Place tofu on several layers of heavy-duty paper towels; cover with additional paper towels.
- ☐ Let stand 20 minutes, pressing down occasionally.
- ☐ Combine remaining 1 teaspoon sugar, lime juice, and next 3 ingredients (through fish sauce).
- ☐ Combine eggs and salt, stirring well.
- ☐ Heat a large wok over high heat.
- ☐ Add 1 1/2 tablespoons oil; swirl to coat.
- ☐ Add garlic; stir-fry 15 seconds.
- ☐ Add chicken; stir-fry for 2 minutes or until browned.

- ☐ Add pressed tofu; cook for 1 minute on each side or until browned.
- ☐ Pour in egg mixture; cook 45 seconds or until egg begins to set around chicken and tofu.
- ☐ Remove from pan; cut into large pieces.
- ☐ Add remaining 1 1/2 tablespoons oil to wok; swirl to coat.
- ☐ Add 2 cups bean sprouts, green onions, and dried shrimp; stir-fry 1 minute.
- ☐ Add noodles and soy sauce mixture; stir-fry for 2 minutes, tossing until noodles are lightly browned.
- ☐ Add reserved egg mixture; toss to combine. Arrange remaining 2 cups bean sprouts on a platter; top with noodle mixture.
- ☐ Sprinkle with peanuts and cilantro.
- ☐ Serve with vinegar mixture.

Nutrition Facts



Properties

Glycemic Index:71.77, Glycemic Load:23.33, Inflammation Score:-6, Nutrition Score:17.190869424654%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 459.64kcal (22.98%), Fat: 21.31g (32.79%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 46.26g (16.82%), Sugar: 9.08g (10.09%), Cholesterol: 149.03mg (49.68%), Sodium: 874.32mg (38.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Vitamin K: 57.26µg (54.53%), Manganese: 0.73mg (36.62%), Vitamin C: 23.65mg (28.67%), Selenium: 19µg (27.14%), Folate: 101.41µg (25.35%), Phosphorus: 246.17mg (24.62%), Vitamin B2: 0.31mg (17.98%), Fiber: 4.14g (16.55%), Vitamin B3: 3.23mg (16.17%), Copper: 0.32mg (15.99%), Magnesium: 62.98mg (15.74%), Iron: 2.83mg (15.73%), Vitamin B6: 0.3mg (14.96%), Vitamin E: 2.2mg (14.64%), Vitamin B5: 1.14mg (11.39%), Vitamin B1: 0.17mg (11.28%), Potassium: 391.93mg (11.2%), Calcium: 103.87mg (10.39%), Zinc: 1.56mg (10.37%), Vitamin A: 352.86IU (7.06%), Vitamin B12: 0.33µg (5.58%), Vitamin D: 0.51µg (3.43%)