



Creamy Peanut-Chicken Pad Thai

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup classic catalina dressing divided kraft
- 0.3 cup creamy peanut butter
- 1 eggs beaten
- 1 cup bean sprouts fresh
- 3 cloves garlic minced
- 4 green onions sliced
- 8 oz rice stick noodles uncooked ()
- 3 Tbsp planters roasted peanuts dry chopped

- 1 lb chicken thighs boneless skinless cut into bite-size pieces
- 2 Tbsp lite soy sauce
- 0.3 cup water

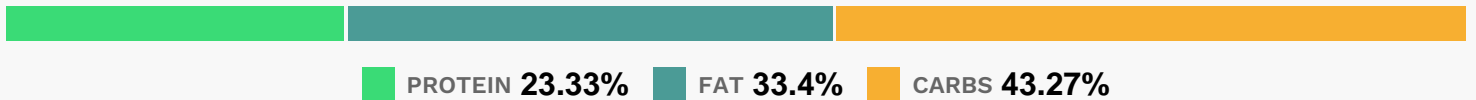
Equipment

- bowl
- frying pan
- wok

Directions

- Cook noodles as directed on package. Meanwhile, cook and stir chicken and garlic in 2 Tbsp. dressing in wok or large skillet on high heat 5 min. or until chicken is done.
- Add egg; cook and stir 30 sec. or until egg is set.
- Add peanut butter, water, soy sauce and remaining dressing; mix well.
- Drain noodles.
- Add to ingredients in wok; mix lightly. Stir in sprouts and onions; transfer to bowl.
- Top with nuts.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:27.7, Inflammation Score:-5, Nutrition Score:20.926956518837%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 563.68kcal (28.18%), Fat: 20.83g (32.05%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 57.52g (20.92%), Sugar: 7.77g (8.63%), Cholesterol: 148.65mg (49.55%), Sodium: 1019.97mg (44.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.73g (65.47%), Selenium: 39.54µg

(56.49%), Vitamin B3: 10.32mg (51.6%), Phosphorus: 436.1mg (43.61%), Manganese: 0.85mg (42.34%), Vitamin B6: 0.71mg (35.72%), Vitamin K: 36.83µg (35.07%), Magnesium: 86.98mg (21.74%), Vitamin B2: 0.36mg (21.42%), Zinc: 3.12mg (20.81%), Vitamin B5: 1.99mg (19.89%), Potassium: 548.47mg (15.67%), Vitamin E: 2.25mg (15.01%), Copper: 0.29mg (14.47%), Folate: 57.78µg (14.44%), Iron: 2.56mg (14.23%), Vitamin B12: 0.82µg (13.73%), Vitamin B1: 0.2mg (13.06%), Fiber: 3.21g (12.84%), Vitamin C: 6.39mg (7.75%), Calcium: 57.16mg (5.72%), Vitamin A: 211.92IU (4.24%), Vitamin D: 0.22µg (1.47%)