



Dad's Pad Thai

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound bean sprouts
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 2 cups carrots grated
- 4 eggs
- 0.3 cup fish sauce
- 1 tablespoon garlic minced
- 1 cup spring onion cut into 1-inch pieces

- 3 tablespoons catsup
- 3 tablespoons juice of lime
- 3 tablespoons vegetable oil; peanut oil preferred
- 0.7 cup peanuts chopped
- 1.5 teaspoons pepper red
- 6 ounces vermicelli
- 6 ounces vermicelli
- 4 servings salt

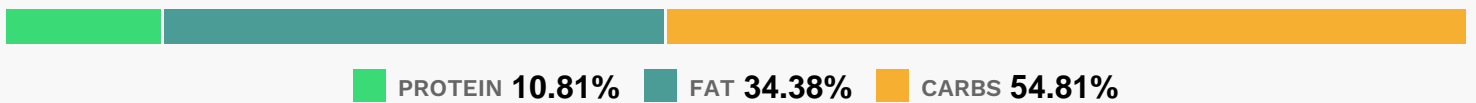
Equipment

- bowl
- frying pan
- pot
- wok

Directions

- Bring a pot of water to a boil. Blanch the bean sprouts in boiling water for approximately 30 seconds, remove, and drain well. When the water returns to a boil, add noodles. Cook for 3 to 5 minutes until tender but firm; drain and rinse under cold water
- Beat the eggs with a pinch of salt in a small bowl. Stir together the lime juice, ketchup, brown sugar, and fish sauce in a separate bowl; set aside.
- Heat the oil in a wok or large skillet over medium-high heat. Fry the garlic for a few seconds.
- Add the pepper flakes and carrot, and cook for one minute, then remove.
- Add the beaten egg, and gently scramble. When the eggs have set, pour in the carrots, sauce, bean sprouts, noodles, peanuts, and green onion; toss together.

Nutrition Facts



Properties

Glycemic Index:59.77, Glycemic Load:43.09, Inflammation Score:-10, Nutrition Score:31.976086927497%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 710.92kcal (35.55%), Fat: 27.72g (42.65%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 99.46g (33.15%), Net Carbohydrates: 91.43g (33.25%), Sugar: 16.3g (18.11%), Cholesterol: 163.68mg (54.56%), Sodium: 1724.51mg (74.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.21%), Vitamin A: 11484.18IU (229.68%), Vitamin K: 89.7µg (85.43%), Manganese: 1.47mg (73.36%), Selenium: 30.75µg (43.92%), Folate: 171.53µg (42.88%), Phosphorus: 400.3mg (40.03%), Fiber: 8.03g (32.11%), Vitamin B3: 6.11mg (30.56%), Magnesium: 121.67mg (30.42%), Vitamin C: 24.24mg (29.38%), Copper: 0.54mg (27.12%), Vitamin B2: 0.45mg (26.4%), Vitamin B6: 0.47mg (23.65%), Vitamin B1: 0.35mg (23.15%), Potassium: 785mg (22.43%), Iron: 4.03mg (22.37%), Vitamin E: 3.23mg (21.55%), Vitamin B5: 1.73mg (17.28%), Zinc: 2.43mg (16.19%), Calcium: 136.61mg (13.66%), Vitamin B12: 0.46µg (7.69%), Vitamin D: 0.88µg (5.87%)