



Easy Pad Thai

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 large eggs
- ☐ 1 teaspoon fish sauce
- ☐ 0.3 bunch cilantro leaves fresh roughly chopped
- ☐ 1 clove garlic minced
- ☐ 3 spring onion sliced
- ☐ 2 tablespoons juice of lime fresh (from 1 medium lime)
- ☐ 8 ounces lo mein noodles

- ☐ 0.1 teaspoon pepper red
- ☐ 1.5 tablespoons soya sauce
- ☐ 0.3 cup peanuts unsalted chopped
- ☐ 2 tablespoons vegetable oil

Equipment

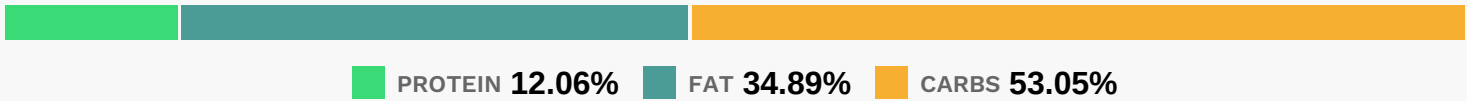
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a rolling boil.
- ☐ Add the noodles and cook for 7 to 10 minutes or until tender.
- ☐ Drain the noodles and set aside.
- ☐ In a large skillet, heat the vegetable oil over medium heat.
- ☐ Add the garlic and cook for 1 to 2 minutes, or until tender.
- ☐ Whisk the eggs lightly with a fork.
- ☐ Pour them into the skillet and cook just until they solidify, but are still moist, moving the eggs around the skillet slightly as they cook so that they lightly scramble. When the eggs are cooked, remove the skillet from the heat and set aside.
- ☐ In a small bowl, stir together the soy sauce, lime juice, sugar, fish sauce, and red pepper flakes.
- ☐ Pour the sauce into the skillet with the scrambled eggs.
- ☐ Add the noodles and toss to coat in the sauce.
- ☐ Sprinkle the green onions, cilantro, and peanuts over the noodles. Toss lightly to combine.
- ☐ Serve warm.
- ☐ Pad thai noodles have a unique flavor and texture, but if you can't find them in your area, try substituting another flat pasta like linguine.
- ☐ To get the most juice from your lime, roll it on your countertop while applying pressure before cutting it open. This causes the juice capsules to burst and release more juice.

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Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:7.4652173519135%

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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 375.33kcal (18.77%), Fat: 14.77g (22.72%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 48.38g (17.59%), Sugar: 6.88g (7.65%), Cholesterol: 93mg (31%), Sodium: 707.63mg (30.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Vitamin K: 32.88µg (31.32%), Manganese: 0.27mg (13.48%), Selenium: 8.97µg (12.82%), Phosphorus: 97.7mg (9.77%), Vitamin E: 1.37mg (9.14%), Vitamin B2: 0.15mg (9.05%), Vitamin B3: 1.72mg (8.58%), Fiber: 2.15g (8.58%), Folate: 29.5µg (7.38%), Magnesium: 27.92mg (6.98%), Vitamin B6: 0.13mg (6.33%), Vitamin B5: 0.57mg (5.69%), Vitamin A: 281IU (5.62%), Iron: 0.97mg (5.39%), Vitamin C: 4.32mg (5.24%), Potassium: 159.41mg (4.55%), Zinc: 0.66mg (4.43%), Copper: 0.08mg (4.16%), Vitamin B12: 0.23µg (3.83%), Calcium: 35.7mg (3.57%), Vitamin D: 0.5µg (3.33%), Vitamin B1: 0.04mg (2.46%)