



Easy pad Thai

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 125 g vermicelli (half a 250g pack)
- ☐ 3 tbsp juice of lime
- ☐ 0.5 tsp ground pepper
- ☐ 2 tsp g muscovado sugar light
- ☐ 2 tbsp fish sauce (nam pla)
- ☐ 2 tbsp vegetable oil
- ☐ 200 g tiger prawns cooked peeled
- ☐ 4 spring onion sliced

- ☐ 25 g peanuts salted finely chopped
- ☐ 1 small handful cilantro leaves
- ☐ 1 lime cut into wedges
- ☐ 2 servings chilli sauce sweet
- ☐ 140 g frangelico
- ☐ 140 g frangelico

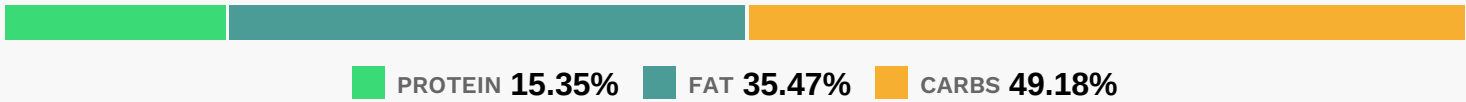
Equipment

- ☐ bowl

Directions

- ☐ Put the noodles in a large heatproof bowl, pour boiling water over them and leave for 4 minutes, then drain and refresh under cold running water.
- ☐ Put the lime juice, cayenne, sugar and fish sauce in a bowl and mix well. Have all the other ingredients ready by the cooker.
- ☐ Heat the oil and fry the prawns until warmed through.
- ☐ Add the spring onions and noodles and toss around. Tip in the lime juice mixture, then stir in the beansprouts and half the peanuts and coriander. Cook for 1 minute until everything is heated through.
- ☐ Pile into a large dish, scatter with the rest of the peanuts and coriander, and serve with lime wedges and sweet chilli sauce.

Nutrition Facts



Properties

Glycemic Index:100.13, Glycemic Load:30.94, Inflammation Score:-8, Nutrition Score:21.35434770325%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg

Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 535.74kcal (26.79%), Fat: 21.38g (32.9%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 66.7g (22.23%), Net Carbohydrates: 62.68g (22.79%), Sugar: 5.81g (6.45%), Cholesterol: 126mg (42%), Sodium: 2112.41mg (91.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.82g (41.63%), Vitamin K: 81.89µg (77.99%), Selenium: 41.97µg (59.96%), Phosphorus: 409.85mg (40.99%), Manganese: 0.78mg (38.84%), Vitamin C: 21.98mg (26.65%), Magnesium: 94.6mg (23.65%), Vitamin B3: 4.61mg (23.06%), Folate: 82.09µg (20.52%), Copper: 0.41mg (20.39%), Vitamin B12: 1.2µg (19.94%), Vitamin E: 2.87mg (19.15%), Vitamin B6: 0.34mg (16.9%), Fiber: 4.02g (16.1%), Vitamin A: 771.65IU (15.43%), Zinc: 1.9mg (12.69%), Calcium: 122.39mg (12.24%), Potassium: 427.06mg (12.2%), Iron: 1.95mg (10.83%), Vitamin B1: 0.16mg (10.51%), Vitamin B5: 0.72mg (7.18%), Vitamin B2: 0.09mg (5.26%)