



Grilled Shrimp Pad Thai Recipe

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



1583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bean sprouts
- 2 large eggs
- 0.3 cup extra tofu diced firm finely
- 0.3 cup fish sauce
- 2 teaspoons garlic finely chopped
- 4 servings lime wedges
- 0.3 cup coconut sugar
- 2 tablespoons peanuts crushed

- 2 servings to 5 chilies red
- 6 ounces vermicelli room-temperature
- 2 teaspoons shallots finely chopped
- 1 pound shells deveined (6 to 8 large shrimp)
- 0.3 cup tamarind
- 1 tablespoon turnip (available at Asian specialty stores)
- 2 tablespoons vegetable oil plus more for grilling

Equipment

- grill
- wok

Directions

- Heat a grill over medium heat until hot and coat the surface with vegetable oil. Cook the shrimp until no longer translucent, about 4 minutes.
- Brush lightly with the sauce.
- Remove from the heat and set aside.
- Heat the 2 tablespoons oil in a wok medium heat and cook the garlic and shallot until the garlic is fragrant, about 1 minute (do not brown). Increase the heat to high and add the eggs. Break the yolks and stir gently, but do not scramble. Cook for 1 to 2 minutes. Once the eggs are fully cooked, add the noodles and about 1/2 cup of sauce. Stir until the noodles are soft.
- Add the tofu and turnip.
- Mix well. Stir in the chives, bean sprouts, and peanuts, reserving some as condiments.
- Serve with the grilled shrimp and garnish with a sprinkling of ground chilies, a wedge of lime and fresh banana blossom, if desired. More Thai recipes on Food Republic: Thai-Style Mussels With Lemongrass Recipe
- Pineapple Duck Curry Recipe
- Saigon Burgers With Ginger Glaze And Thai Basil Mayo Recipe

Nutrition Facts



■ PROTEIN 11.99% ■ FAT 16.02% ■ CARBS 71.99%

Properties

Glycemic Index:221.63, Glycemic Load:129.86, Inflammation Score:-8, Nutrition Score:36.977391014928%

Flavonoids

Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1583.18kcal (79.16%), Fat: 28.1g (43.24%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 284.08g (94.69%), Net Carbohydrates: 272.04g (98.92%), Sugar: 34.23g (38.03%), Cholesterol: 186mg (62%), Sodium: 2593.31mg (112.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.3g (94.61%), Selenium: 175.99µg (251.41%), Manganese: 2.98mg (149.12%), Phosphorus: 789.5mg (78.95%), Magnesium: 251.4mg (62.85%), Copper: 1.02mg (51.18%), Fiber: 12.04g (48.17%), Iron: 6.68mg (37.14%), Vitamin B3: 7.37mg (36.84%), Vitamin B6: 0.72mg (35.87%), Vitamin K: 36.28µg (34.55%), Zinc: 5.16mg (34.37%), Vitamin B1: 0.51mg (34.15%), Folate: 130µg (32.5%), Potassium: 1097.46mg (31.36%), Vitamin B2: 0.51mg (30.1%), Vitamin C: 22.21mg (26.92%), Vitamin B5: 2.2mg (22.02%), Calcium: 159.33mg (15.93%), Vitamin E: 2.02mg (13.48%), Vitamin B12: 0.58µg (9.74%), Vitamin A: 384.36IU (7.69%), Vitamin D: 1µg (6.67%)