



Okinawan-Style Pad Thai

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces chicken breast cut into 1/2-inch strips
- ☐ 1 teaspoon chili powder to taste
- ☐ 1.5 cups dry-roasted unsalted
- ☐ 4 eggs
- ☐ 2 cups bean sprouts fresh
- ☐ 0.5 cup chives fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 1 lime cut into wedges

- ☐ 0.3 cup oyster sauce
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 1.5 teaspoons ground asian radish dried
- ☐ 12 ounce rice noodles dried
- ☐ 0.5 cup rice wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons tamarind pulp
- ☐ 8 servings water cold as needed
- ☐ 1.5 tablespoons sugar white to taste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wok

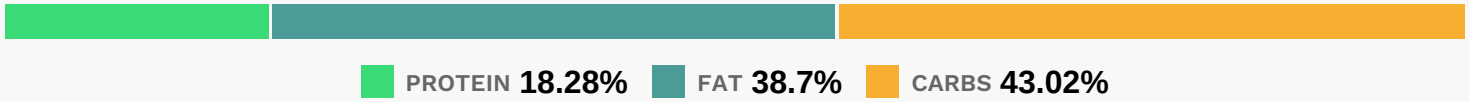
Directions

- ☐ Whisk together rice wine vinegar, 1/2 cup sugar, oyster sauce, and tamarind pulp in a saucepan over medium heat until sugar dissolves, about 5 minutes; remove from heat and set aside.
- ☐ Place rice noodles in a large bowl and pour enough cold water to cover noodles. Allow to soften, about 10 minutes.
- ☐ Drain.
- ☐ Heat peanut oil in a wok or large skillet over medium heat. Cook and stir eggs and garlic in hot oil until eggs are softly cooked, 2 to 3 minutes.
- ☐ Stir chicken and noodles into eggs and cook until chicken is no longer pink in the center and juices run clear, about 5 minutes.
- ☐ Pour rice wine vinegar sauce, 1 1/2 tablespoons sugar, and 1 1/2 teaspoons salt into the noodle mixture.

- ☐
- Stir peanuts, ground radish, and chili powder into noodle mixture; cook until peanuts soften slightly, about 5 minutes.

☐☐

Nutrition Facts



Properties

Glycemic Index:47.76, Glycemic Load:23.49, Inflammation Score:-6, Nutrition Score:17.030869494314%

Flavonoids

Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 456.83kcal (22.84%), Fat: 19.91g (30.63%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 45.71g (16.62%), Sugar: 6.53g (7.25%), Cholesterol: 109.06mg (36.35%), Sodium: 813.21mg (35.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.32%), Vitamin B3: 8.93mg (44.67%), Manganese: 0.88mg (44.08%), Selenium: 30.14µg (43.06%), Phosphorus: 322.84mg (32.28%), Vitamin B6: 0.54mg (26.82%), Magnesium: 81.65mg (20.41%), Fiber: 4.08g (16.34%), Vitamin B2: 0.26mg (15.28%), Folate: 60.99µg (15.25%), Vitamin E: 2.23mg (14.9%), Vitamin B5: 1.49mg (14.86%), Copper: 0.29mg (14.39%), Vitamin K: 14.52µg (13.83%), Potassium: 467.47mg (13.36%), Zinc: 1.79mg (11.94%), Vitamin C: 8.29mg (10.05%), Iron: 1.79mg (9.95%), Vitamin B1: 0.14mg (9.12%), Vitamin A: 325.47IU (6.51%), Calcium: 62.12mg (6.21%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.48µg (3.22%)