



Pad Kee Mao

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bean sprouts
- ☐ 30 basil leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 pound fatty pork thinly sliced (any cut)
- ☐ 3.5 ounces rice noodles dried thai-style (such as Chantaboon Rice Noodles)
- ☐ 1 teaspoon salt
- ☐ 1 serrano chiles minced to taste

- ☐ 0.5 teaspoon soya sauce thick
- ☐ 1 teaspoon sugar white

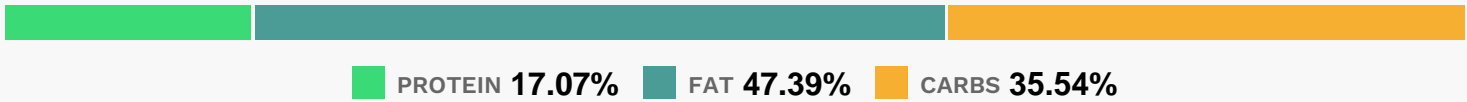
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Place the dry rice noodles in a bowl, cover with hot water, and let soak until white and softened, about 1 hour.
- ☐ Drain the noodles, and set aside.
- ☐ Heat 1 1/2 teaspoon of olive oil in a wok or large skillet over low heat, and cook and stir 2 minced garlic cloves until brown and beginning to crisp, 2 to 3 minutes. Stir in the soaked noodles, 1/2 teaspoon of thick soy sauce, and 2 teaspoons of sugar, and cook and stir until the noodles have absorbed the soy sauce and turned brown, about 3 minutes.
- ☐ Remove the noodles from the skillet.
- ☐ Heat the remaining 1 1/2 teaspoons of olive oil in the wok over low heat; stir in the remaining 2 minced garlic cloves, and cook until brown and beginning to crisp, 2 to 3 minutes. Raise the heat to medium-high, and stir in the pork, serrano pepper, basil, 1/2 teaspoon thick soy sauce, 1 teaspoon sugar, and salt. Cook and stir until the pork is no longer pink and the edges of the meat are beginning to brown, about 5 minutes. Return the noodles to the wok, and stir in the bean sprouts. Cook and stir until heated through, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:12.61, Inflammation Score:-2, Nutrition Score:8.4747825809147%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 264.28kcal (13.21%), Fat: 13.71g (21.1%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 22.36g (8.13%), Sugar: 1.63g (1.81%), Cholesterol: 40.82mg (13.61%), Sodium: 701.51mg (30.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.23%), Vitamin B1: 0.44mg (29.26%), Selenium: 18.01µg (25.73%), Vitamin K: 17.85µg (17%), Phosphorus: 149.75mg (14.97%), Vitamin B3: 2.7mg (13.51%), Vitamin B6: 0.26mg (13.23%), Manganese: 0.22mg (11.06%), Zinc: 1.53mg (10.23%), Vitamin B2: 0.16mg (9.41%), Vitamin B12: 0.4µg (6.61%), Potassium: 210.72mg (6.02%), Iron: 0.96mg (5.31%), Magnesium: 19.42mg (4.85%), Vitamin B5: 0.46mg (4.62%), Vitamin C: 3.79mg (4.6%), Copper: 0.09mg (4.28%), Vitamin A: 179.14IU (3.58%), Folate: 14.07µg (3.52%), Fiber: 0.77g (3.09%), Calcium: 22.82mg (2.28%), Vitamin E: 0.26mg (1.76%)