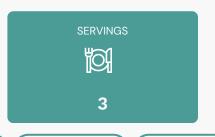


Pad Se Eew

airy Free



1 pound vermicelli fresh





LUNCH)

MAIN COURSE

MAIN DISH

DINNER

Ingredients

16 ounce broccoli frozen
6 ounces chicken tenderloins cut into bite-size pieces
1 teaspoon sriracha to taste sriracha® (such as)
1 eggs beaten
1 tablespoon garlic chopped
1 tablespoon olive oil
1 pinch pepper red crushed

	1 pound vermicelli fresh	
	0.3 teaspoon sesame seed	
	1 tablespoon soya sauce dark	
	2 tablespoons soya sauce	
	1 tablespoon granulated sugar white to taste	
Equipment		
	frying pan	
	sauce pan	
	spatula	
Directions		
	Stir the dark soy sauce, soy sauce, sugar, and chile-garlic sauce together in a small saucepan and place over medium-how heat; simmer and stir until the sugar dissolves into the sauce, about 5 minutes.	
	Remove from heat and set aside.	
	Heat the olive oil in a skillet over medium heat. Cook and stir the garlic and chicken in the hot oil until the chicken is no longer pink in the center, 7 to 10 minutes. Stir the broccoli into the chicken mixture; cook and stir until the broccoli is thoroughly heated.	
	Add the noodles and stir until all the ingredients are evenly mixed.	
	Pour the sauce over the mixture and stir until everything is evenly coated; continue cooking until the sauce begins to thicken.	
	Push the chicken mixture to the side of the skillet with a spatula.	
	Add the egg to the skillet in the vacated space. Scramble the egg, cooking it through. Once egg is cooked, mix ingredients back in and heat thoroughly.	
	Garnish with the sesame seeds and red pepper flakes to serve.	
Nutrition Facts		
PROTEIN 9.54% FAT 6.95% CARBS 83.51%		

Properties

Glycemic Index:104.36, Glycemic Load:148.32, Inflammation Score:-9, Nutrition Score:37.036956600521%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.86mg, Kaempferol: 11.86mg, Kaempferol: 11.86mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 1312.14kcal (65.61%), Fat: 9.91g (15.25%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 268.17g (89.39%), Net Carbohydrates: 259.1g (94.22%), Sugar: 7.24g (8.05%), Cholesterol: 90.85mg (30.28%), Sodium: 1775.37mg (77.19%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 30.65g (61.29%), Vitamin C: 136.38mg (165.31%), Vitamin K: 157.27µg (149.78%), Selenium: 72.7µg (103.86%), Manganese: 1.98mg (98.76%), Phosphorus: 739.19mg (73.92%), Vitamin B6: O.83mg (41.53%), Vitamin B3: 8.3mg (41.5%), Fiber: 9.07g (36.27%), Folate: 116.98µg (29.24%), Potassium: 848.94mg (24.26%), Iron: 4.22mg (23.44%), Zinc: 3.5mg (23.33%), Magnesium: 93.04mg (23.26%), Vitamin B2: O.38mg (22.58%), Vitamin B5: 2.14mg (21.37%), Vitamin A: 1048.31IU (20.97%), Copper: O.38mg (18.78%), Vitamin B1: O.26mg (17.37%), Calcium: 146.79mg (14.68%), Vitamin E: 2.13mg (14.19%), Vitamin B12: O.24µg (4.07%), Vitamin D: O.35µg (2.33%)