



 **28%**  
HEALTH SCORE

## Pad Se Eew

 Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



1312 kcal

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

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- 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-low 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, Kaempferol: 11.86mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.98mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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: 0.83mg (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: 0.38mg (22.58%), Vitamin B5: 2.14mg (21.37%), Vitamin A: 1048.31IU (20.97%), Copper: 0.38mg (18.78%), Vitamin B1: 0.26mg (17.37%), Calcium: 146.79mg (14.68%), Vitamin E: 2.13mg (14.19%), Vitamin B12: 0.24µg (4.07%), Vitamin D: 0.35µg (2.33%)