



## Pad Thai

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups bean sprouts
- 1 tablespoon brown sugar
- 2 tablespoons canola oil divided
- 1 carrots grated
- 0.5 cup chicken broth
- 1 tablespoon chile sauce
- 2 large eggs beaten
- 1 tablespoon fish sauce

- 0.3 cup cilantro leaves fresh roughly chopped for garnish
- 1 tablespoon garlic chopped
- 1 tablespoon juice of lime
- 0.3 cup peanuts coarsely chopped for garnish
- 16 ounce rice noodles
- 4 scallions sliced for round 2 recipe coconut chicken soup thin (reserve 1 scallion )
- 3 tablespoons soya sauce

## Equipment

- bowl
- frying pan
- whisk
- pot
- wok

## Directions

- Bring a large pot of water to a boil and turn off the heat.
- Add the rice noodles and let them soften, about 2 to 3 minutes.
- Drain. (Reserve 1 cup cooked noodles for Online Round 2 Recipe Summer
- Rolls.)
- In a wok or a large skillet over high heat, add 1 tablespoon oil. When it is hot, add the eggs and cook until they are firm.
- Remove them from the pan and let them cool a bit. Roughly chop them and set aside.
- In a small bowl, whisk together the brown sugar, soy sauce, fish sauce, chile sauce, lime juice, garlic, and broth. Set side.
- Add the remaining 1 tablespoon oil to the pan along with the carrots, scallions, and bean sprouts and stir fry 1 minute.
- Add the reserved eggs and sauce, stirring to coat everything completely. Cook for another minute.
- Serve garnished with peanuts and cilantro.

# Nutrition Facts

PROTEIN 8.68% FAT 21.59% CARBS 69.73%

## Properties

Glycemic Index:57.02, Glycemic Load:54.73, Inflammation Score:-9, Nutrition Score:19.499565290368%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

## Nutrients (% of daily need)

Calories: 620.02kcal (31%), Fat: 14.78g (22.75%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 107.43g (35.81%), Net Carbohydrates: 102.71g (37.35%), Sugar: 7.5g (8.33%), Cholesterol: 93.59mg (31.2%), Sodium: 1686.31mg (73.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin A: 2883.89IU (57.68%), Manganese: 1.08mg (54.15%), Vitamin K: 52.24µg (49.75%), Selenium: 26.82µg (38.32%), Phosphorus: 319.49mg (31.95%), Folate: 85.16µg (21.29%), Fiber: 4.72g (18.89%), Copper: 0.33mg (16.31%), Vitamin B2: 0.27mg (16.09%), Magnesium: 63.81mg (15.95%), Vitamin B3: 3.06mg (15.3%), Iron: 2.74mg (15.21%), Vitamin C: 12.06mg (14.62%), Vitamin B1: 0.19mg (12.49%), Vitamin B6: 0.24mg (11.96%), Zinc: 1.77mg (11.81%), Vitamin E: 1.75mg (11.69%), Potassium: 364.28mg (10.41%), Vitamin B5: 0.94mg (9.36%), Calcium: 77.63mg (7.76%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.5µg (3.33%)