



Pad Thai



Vegetarian



Dairy Free

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READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 eggs



1 cup bean sprouts fresh



1 tablespoon cilantro leaves fresh chopped



1 clove garlic minced



1 lime cut into wedges



2 tablespoons peanuts chopped



6.8 ounce rice noodles thin



1 tablespoon soya sauce

- ☐ 3 ounces fried tofu sliced into thin strips
- ☐ 2 tablespoons vegetable oil
- ☐ 1 pinch sugar white

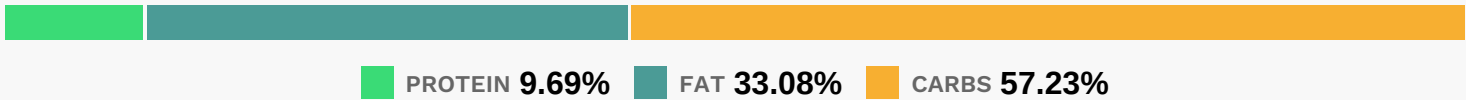
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Place noodles in a heatproof bowl and cover with boiling water. Allow to soak for 5 minutes, until pliable but not mushy.
- ☐ Drain water and set aside.
- ☐ Heat oil in wok over medium heat.
- ☐ Add garlic, and fry until brown.
- ☐ Add noodles, and fry until heated through. Push to the side.
- ☐ Break egg into the base of the wok, and mix gently. As it begins to set, break it up and mix it into the noodles.
- ☐ Mix in soy sauce and sugar. Stir in tofu, bean sprouts, peanuts, and cilantro.
- ☐ Remove from heat.
- ☐ Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:66.59, Glycemic Load:23.44, Inflammation Score:-2, Nutrition Score:7.6700000659279%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 313.97kcal (15.7%), Fat: 11.62g (17.88%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 42.83g (15.58%), Sugar: 1.8g (2%), Cholesterol: 40.92mg (13.64%), Sodium: 358.08mg (15.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Manganese: 0.46mg (22.95%), Vitamin K: 21.54µg (20.52%), Selenium: 11.33µg (16.18%), Phosphorus: 138.48mg (13.85%), Vitamin C: 8.57mg (10.38%), Fiber: 2.4g (9.61%), Folate: 36.7µg (9.17%), Iron: 1.44mg (7.99%), Copper: 0.15mg (7.62%), Vitamin B3: 1.32mg (6.61%), Vitamin B2: 0.11mg (6.39%), Magnesium: 24.94mg (6.23%), Calcium: 57.88mg (5.79%), Vitamin B1: 0.08mg (5.6%), Zinc: 0.76mg (5.04%), Vitamin E: 0.74mg (4.92%), Vitamin B6: 0.09mg (4.59%), Vitamin B5: 0.44mg (4.39%), Potassium: 135.63mg (3.88%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 80.05IU (1.6%), Vitamin D: 0.22µg (1.47%)