



Pad Thai

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 4 chives cut into 1" pieces
- ☐ 1 large eggs room temperature
- ☐ 2 lime wedges
- ☐ 1 tablespoon radishes shredded sweet rinsed chopped
- ☐ 5 ounces vermicelli
- ☐ 2 tablespoons peanuts unsalted divided crushed
- ☐ 6 medium shrimp deveined peeled

- ☐ 1.5 tablespoons simple syrup glaze with palm sugar
- ☐ 0.5 teaspoon thai chile dried divided
- ☐ 1.5 tablespoons thai fish sauce () (nam pla)
- ☐ 3 tablespoons vegetable oil
- ☐ 5 tablespoons tamarind paste
- ☐ 2 tablespoons spicy tofu pressed

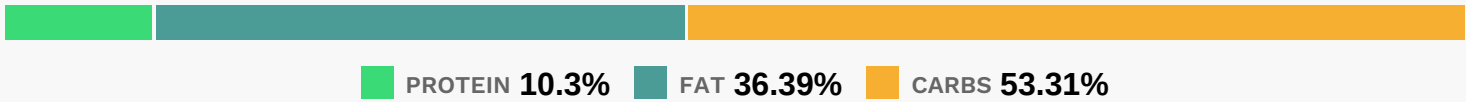
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Place noodles in a large bowl; pour hotwater over to cover.
- ☐ Let soak until tender butnot mushy, 5-10 minutes.
- ☐ Drain; set aside.
- ☐ Heat vegetable oil in a wok or large skilletover medium-high heat.
- ☐ Add egg; stir untilbarely set, about 30 seconds.
- ☐ Add shrimp,if using. Cook, stirring, until shrimp and eggare almost cooked through, 2-3 minutes.
- ☐ Add tofu and radish; cook for 30 seconds.
- ☐ Add noodles and cook for 1 minute. Stir insprouts.
- ☐ Add tamarind water, fish sauce,and simple syrup and stir-fry until sauce isabsorbed by noodles and noodles are wellcoated, about 1 minute. Stir in choppedgarlic chives.
- ☐ Add 1/4 teaspoon ground chiles and1 tablespoon peanuts and toss well.
- ☐ Transfer to-serving plates.
- ☐ Garnish with remaining 1/4 teaspoon groundchiles, 1 tablespoon peanuts, and lime wedges.

Nutrition Facts



Properties

Glycemic Index:123.5, Glycemic Load:49.02, Inflammation Score:-6, Nutrition Score:20.149130489515%

Flavonoids

Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 762.74kcal (38.14%), Fat: 31.72g (48.8%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 104.56g (34.85%), Net Carbohydrates: 98.4g (35.78%), Sugar: 30.54g (33.94%), Cholesterol: 141.3mg (47.1%), Sodium: 1287.83mg (55.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.38%), Vitamin K: 60.51µg (57.63%), Manganese: 0.82mg (41.2%), Phosphorus: 357.68mg (35.77%), Selenium: 22.06µg (31.51%), Magnesium: 124.14mg (31.03%), Fiber: 6.16g (24.64%), Vitamin C: 18.81mg (22.8%), Iron: 3.92mg (21.8%), Copper: 0.4mg (20.2%), Vitamin B1: 0.3mg (19.96%), Folate: 78.1µg (19.52%), Vitamin B3: 3.88mg (19.38%), Vitamin E: 2.8mg (18.7%), Potassium: 651.42mg (18.61%), Vitamin B2: 0.31mg (18.08%), Zinc: 2.02mg (13.48%), Vitamin B6: 0.27mg (13.34%), Calcium: 126.98mg (12.7%), Vitamin B5: 0.95mg (9.55%), Vitamin A: 270.65IU (5.41%), Vitamin B12: 0.29µg (4.79%), Vitamin D: 0.5µg (3.33%)