



## Pad Thai

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 2 large eggs lightly beaten
- 2 cups bean sprouts fresh
- 0.5 cup cilantro leaves fresh chopped
- 2 garlic clove minced
- 0.5 cup spring onion sliced (1-inch)
- 6 lime wedges

- 0.3 cup soy sauce low-sodium
- 2 tablespoons cooking oil divided
- 2 teaspoons paprika
- 2 tablespoons peanuts chopped
- 0.5 pound rice uncooked (rice-flour noodles)
- 0.5 pound shrimp deveined peeled
- 0.8 pound chicken breast cut into 1-inch strips
- 0.3 cup thai fish sauce
- 6.8 cups water divided

## Equipment

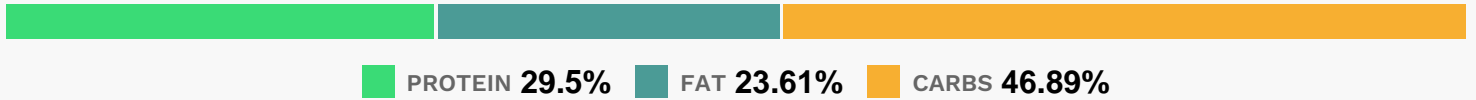
- bowl
- frying pan
- wok

## Directions

- Place 6 cups water in a stir-fry pan or wok; bring to a boil.
- Add noodles; cook 4 minutes.
- Drain and rinse with cold water; drain well.
- Place cooked noodles in a large bowl.
- Add 1 teaspoon oil; toss well. Set aside.
- Combine 3/4 cup water, soy sauce, fish sauce, and brown sugar; set aside.
- Heat 1 teaspoon oil in a stir-fry pan or wok over medium heat.
- Add eggs; stir-fry 1 minute.
- Add eggs to noodle mixture.
- Heat 1 teaspoon oil in pan over medium-high heat.
- Add chicken and garlic; stir-fry 5 minutes.
- Add to noodle mixture.
- Heat 1 tablespoon oil in pan.

- Add shrimp, onions, and paprika; stir-fry 3 minutes.
- Add the soy sauce mixture and noodle mixture to pan; cook 3 minutes or until thoroughly heated.
- Remove from heat; toss with sprouts and cilantro.
- Sprinkle with peanuts.
- Serve with lime wedges.

## Nutrition Facts



### Properties

Glycemic Index:36.07, Glycemic Load:18.91, Inflammation Score:-7, Nutrition Score:18.574782786162%

### Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

### Nutrients (% of daily need)

Calories: 380.8kcal (19.04%), Fat: 10.06g (15.48%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 44.96g (14.99%), Net Carbohydrates: 42.44g (15.43%), Sugar: 10.29g (11.44%), Cholesterol: 159.14mg (53.05%), Sodium: 1298.93mg (56.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Selenium: 30.76µg (43.95%), Vitamin B3: 7.84mg (39.22%), Manganese: 0.71mg (35.53%), Vitamin K: 37.01µg (35.25%), Phosphorus: 337.3mg (33.73%), Vitamin B6: 0.66mg (32.86%), Copper: 0.43mg (21.54%), Magnesium: 85.13mg (21.28%), Vitamin B5: 1.77mg (17.69%), Potassium: 595.9mg (17.03%), Vitamin C: 12.79mg (15.5%), Folate: 59.91µg (14.98%), Vitamin B2: 0.25mg (14.8%), Zinc: 1.91mg (12.71%), Vitamin A: 625.96IU (12.52%), Iron: 2.13mg (11.86%), Vitamin E: 1.53mg (10.22%), Fiber: 2.52g (10.07%), Vitamin B1: 0.14mg (9.43%), Calcium: 93.12mg (9.31%), Vitamin B12: 0.31µg (5.14%), Vitamin D: 0.39µg (2.6%)