



Pad Thai



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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

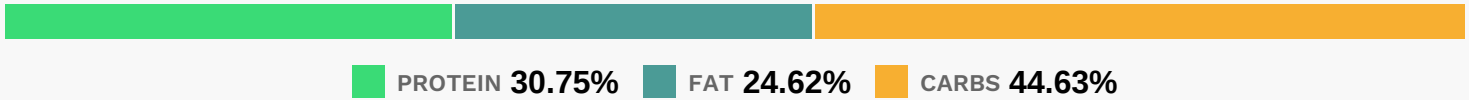
- ☐ bowl
- ☐ frying pan
- ☐ wok

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:18.521304379339%

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: 365.6kcal (18.28%), Fat: 10.06g (15.48%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 38.52g (14.01%), Sugar: 6.41g (7.13%), Cholesterol: 159.14mg (53.05%), Sodium: 1297.81mg (56.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.55%), Selenium: 30.71µg (43.88%), Vitamin B3: 7.84mg (39.19%), Manganese: 0.71mg (35.4%), Vitamin K: 37.01µg (35.25%), Phosphorus: 337.14mg (33.71%), Vitamin B6: 0.66mg (32.78%), Copper: 0.43mg (21.45%), Magnesium: 84.77mg (21.19%), Vitamin B5: 1.76mg (17.64%), Potassium: 590.58mg (16.87%), Vitamin C: 12.79mg (15.5%), Folate: 59.87µg (14.97%), Vitamin B2: 0.25mg (14.8%), Zinc: 1.91mg (12.7%), Vitamin A: 625.96IU (12.52%), Iron: 2.11mg (11.7%), Vitamin E: 1.53mg (10.22%), Fiber: 2.52g (10.07%), Vitamin B1: 0.14mg (9.43%), Calcium: 89.8mg (8.98%), Vitamin B12: 0.31µg (5.14%), Vitamin D: 0.39µg (2.6%)