



Pad Thai

 Dairy Free

READY IN



26 min.

SERVINGS



2

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 2 carrots cut into thin strips
- ☐ 1 teaspoons chili-garlic sauce
- ☐ 0.3 cup very lightly cilantro leaves fresh packed
- ☐ 1 eggs lightly beaten
- ☐ 3 tablespoons fish sauce
- ☐ 3 garlic cloves minced
- ☐ 3 green onions coarsely chopped

- ☐ 3 tablespoons brown sugar light
- ☐ 2 servings lime wedges
- ☐ 0.3 cup peanuts chopped
- ☐ 4 ounces wide rice noodles
- ☐ 0.5 pound shrimp with tails deveined peeled
- ☐ 1 tablespoon tamarind paste seedless
- ☐ 3 tablespoons vegetable oil divided
- ☐ 0.3 cup warm water

Equipment

- ☐ frying pan
- ☐ wok
- ☐ measuring cup
- ☐ tongs

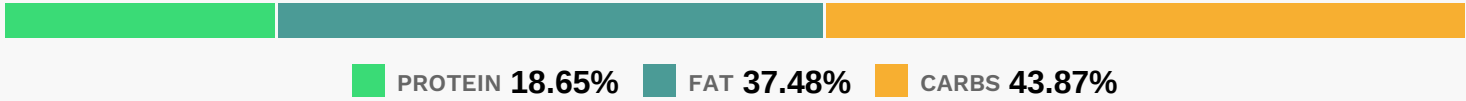
Directions

- ☐ Cook noodles according to package directions; drain, and set aside.
- ☐ Combine warm water and tamarind paste in a 2-cup measuring cup, stirring until dissolved. Stir in brown sugar, fish sauce, and chili-garlic sauce. Set aside.
- ☐ Heat wok over high heat until a few drops of water evaporate immediately. Swirl 2 tablespoons oil in pan to coat. (If using a nonstick skillet, heat oil over medium-high heat.)
- ☐ Add garlic; cook 30 seconds.
- ☐ Add shrimp, and cook, stirring often, 3 minutes or until done.
- ☐ Transfer shrimp to a plate.
- ☐ Heat 1 tablespoon oil in wok over high heat (medium-high, if using a nonstick skillet).
- ☐ Add reserved noodles and half of sauce mixture. Cook 1 minute, separating noodles with tongs.
- ☐ Push noodles to edges of wok, forming a well in the center.
- ☐ Pour remaining 1 teaspoon oil into well; pour egg into oil, and cook, stirring, until done. Stir in carrots, green onions, remaining sauce mixture, and 1/2 cup bean sprouts. Cook 1 to 2 minutes

or until heated through. Top with peanuts, cilantro, and remaining 1/2 cup bean sprouts; serve immediately with lime wedges.

*Tamarind paste adds bright, sour flavor to this iconic noodle dish. Substitute fresh lemon or lime juice, if necessary.

Nutrition Facts



Properties

Glycemic Index:155.04, Glycemic Load:32.66, Inflammation Score:-10, Nutrition Score:30.877826265667%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 772.3kcal (38.61%), Fat: 32.8g (50.46%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 86.38g (28.79%), Net Carbohydrates: 79.94g (29.07%), Sugar: 27.6g (30.67%), Cholesterol: 264.41mg (88.14%), Sodium: 2574.27mg (111.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.43%), Vitamin A: 10641.35IU (212.83%), Vitamin K: 106.56µg (101.49%), Manganese: 1.18mg (58.99%), Phosphorus: 519.56mg (51.96%), Copper: 0.85mg (42.38%), Magnesium: 163.51mg (40.88%), Folate: 127.2µg (31.8%), Selenium: 20.55µg (29.36%), Potassium: 986.31mg (28.18%), Fiber: 6.44g (25.76%), Vitamin B3: 4.99mg (24.93%), Vitamin B6: 0.43mg (21.46%), Zinc: 3.17mg (21.16%), Iron: 3.69mg (20.51%), Vitamin C: 16.5mg (20%), Calcium: 197.47mg (19.75%), Vitamin B1: 0.29mg (19.43%), Vitamin E: 2.52mg (16.78%), Vitamin B2: 0.28mg (16.77%), Vitamin B5: 1.17mg (11.74%), Vitamin B12: 0.33µg (5.42%), Vitamin D: 0.44µg (2.93%)