



Pad Thai



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup broccoli chopped
- ☐ 3 tablespoons brown sugar
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 1 large eggs lightly beaten
- ☐ 3 garlic cloves minced

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon curry paste red
- ☐ 4 ounces wide rice sticks uncooked (rice-flour noodles)
- ☐ 0.1 teaspoon salt
- ☐ 8 ounces spicy tofu firm chopped reduced-fat
- ☐ 2 tablespoons water

Equipment

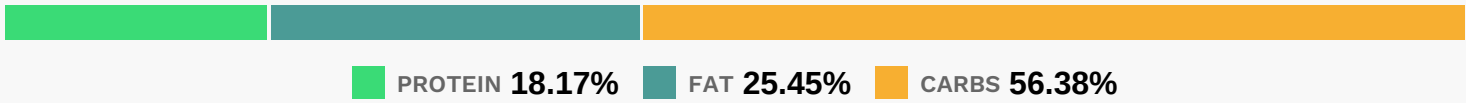
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place noodles in a large bowl.
- ☐ Add boiling water to cover; let stand 10 minutes or until tender.
- ☐ Drain.
- ☐ Combine vinegar and next 5 ingredients (vinegar through garlic) in a small bowl, stirring with a whisk.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle tofu with salt, red pepper, and black pepper.
- ☐ Add tofu to pan; saut 8 minutes or until lightly browned.
- ☐ Remove from pan.
- ☐ Add onion, broccoli, and carrot to pan; saut 4 minutes or until tender.
- ☐ Remove from pan.
- ☐ Add egg to pan; stir-fry 20 seconds or until soft-scrambled, stirring constantly.

- ☐ Return tofu and onion mixture to pan. Stir in noodles and vinegar mixture; cook 1 minute or until thoroughly heated, stirring constantly.
- ☐ Remove from heat. Stir in juice; sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:15.59, Inflammation Score:-9, Nutrition Score:13.891739015994%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 302.49kcal (15.12%), Fat: 8.65g (13.31%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 39.68g (14.43%), Sugar: 12.04g (13.37%), Cholesterol: 46.5mg (15.5%), Sodium: 729.61mg (31.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Vitamin A: 3069.36IU (61.39%), Manganese: 0.79mg (39.71%), Vitamin C: 20.6mg (24.97%), Vitamin K: 19.38µg (18.46%), Phosphorus: 153.02mg (15.3%), Selenium: 9.97µg (14.24%), Fiber: 3.44g (13.78%), Calcium: 137.46mg (13.75%), Vitamin B6: 0.25mg (12.51%), Folate: 48.3µg (12.07%), Vitamin B3: 2.35mg (11.77%), Magnesium: 47mg (11.75%), Iron: 1.98mg (11.01%), Potassium: 376.89mg (10.77%), Vitamin B2: 0.16mg (9.42%), Copper: 0.19mg (9.29%), Vitamin B5: 0.88mg (8.75%), Vitamin B1: 0.11mg (7.1%), Zinc: 0.99mg (6.62%), Vitamin E: 0.5mg (3.33%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)