



Pad Thai

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g bean sprouts
- ☐ 2 servings fish sauce
- ☐ 2 servings lime wedges
- ☐ 130 g noodles
- ☐ 2 servings oil
- ☐ 10 prawns shelled deveined
- ☐ 1 chili red
- ☐ 2 servings pepper powder white

- ☐ 2 Tbs roasted peanuts chopped
- ☐ 2 servings salt
- ☐ 2 stalks spring onion cut into 2" length
- ☐ 2 servings sugar
- ☐ 1 bottle worldfoods thai 'pad thai' noodle sauce

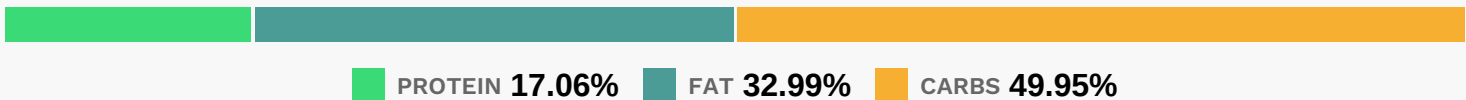
Equipment

- ☐ kitchen towels

Directions

- ☐ Dry prawns with kitchen towels.
- ☐ Add some salt and white pepper powder, mix. Set aside.

Nutrition Facts



Properties

Glycemic Index:110.55, Glycemic Load:28.84, Inflammation Score:-7, Nutrition Score:20.594347751335%

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 Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 546.09kcal (27.3%), Fat: 20.44g (31.44%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 69.6g (23.2%), Net Carbohydrates: 64.53g (23.46%), Sugar: 17.32g (19.24%), Cholesterol: 80.5mg (26.83%), Sodium: 425.42mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Selenium: 42.59µg (60.84%), Manganese: 1.09mg (54.69%), Vitamin K: 54.54µg (51.95%), Vitamin C: 41.91mg (50.8%), Phosphorus: 313.47mg (31.35%), Copper: 0.59mg (29.55%), Magnesium: 91.32mg (22.83%), Fiber: 5.07g (20.29%), Vitamin E: 2.8mg (18.63%), Folate: 68.7µg (17.17%), Vitamin B3: 3.36mg (16.78%), Potassium: 541.7mg (15.48%), Vitamin B6: 0.29mg (14.57%), Zinc: 2.13mg (14.17%), Iron: 2.51mg (13.94%), Vitamin B1: 0.16mg (10.39%), Vitamin B2: 0.14mg (8.49%), Calcium: 80.46mg (8.05%), Vitamin A: 345.02IU (6.9%), Vitamin B5: 0.67mg (6.68%)