



Pad Thai



Dairy Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 1 tablespoon chili sauce or to taste
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 eggs lightly beaten
- ☐ 3 tablespoons fish sauce (or soy sauce)
- ☐ 2 cloves garlic chopped
- ☐ 2 green onions sliced
- ☐ 1 lime lime cut into wedges

- ☐ 3 tablespoons coconut sugar
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 6 ounces rice noodles
- ☐ 2 tablespoons roasted peanuts chopped
- ☐ 2 shallots chopped
- ☐ 6 ounces shrimp
- ☐ 2 tablespoons tamarind concentrate (or 4 tablespoons lime juice)

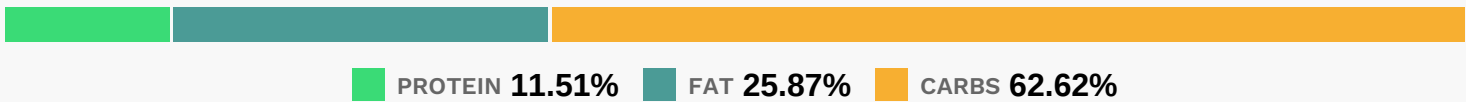
Equipment

- ☐ frying pan

Directions

- ☐ Heat the tamarind, fish sauce, sugar and chili sauce until the sugar is dissolved. Soak the noodles in water as directed on package until just pliable.
- ☐ Heat oil in a pan.
- ☐ Add the shrimp, shallots and garlic and saute for 2–3 minutes.
- ☐ Add the sauce and the noodles and mix and move to the side of the pan.
- ☐ Add the egg, let it set a bit and then mix it into the noodles.
- ☐ Add the peanuts and bean sprouts and cook for a minute.
- ☐ Add the green onions and cilantro and remove from heat.

Nutrition Facts



Properties

Glycemic Index:166.5, Glycemic Load:57.36, Inflammation Score:–7, Nutrition Score:22.09608695818%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 716.72kcal (35.84%), Fat: 20.98g (32.27%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 114.23g (38.08%), Net Carbohydrates: 107.88g (39.23%), Sugar: 25.51g (28.34%), Cholesterol: 112.46mg (37.49%), Sodium: 2529.27mg (109.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.97%), Manganese: 0.99mg (49.36%), Vitamin K: 50.22µg (47.83%), Selenium: 30.23µg (43.19%), Phosphorus: 355.36mg (35.54%), Vitamin B3: 6.14mg (30.7%), Magnesium: 122.53mg (30.63%), Vitamin C: 24.89mg (30.17%), Vitamin B6: 0.54mg (27.1%), Fiber: 6.35g (25.41%), Folate: 96.54µg (24.13%), Iron: 3.53mg (19.64%), Potassium: 667.34mg (19.07%), Vitamin B2: 0.31mg (18.22%), Copper: 0.36mg (17.87%), Vitamin B1: 0.25mg (16.83%), Zinc: 2.17mg (14.48%), Vitamin B5: 1.33mg (13.27%), Vitamin E: 1.87mg (12.44%), Calcium: 109.54mg (10.95%), Vitamin A: 518.53IU (10.37%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.52µg (3.48%)