



Pad Thai Omelette

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



518 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon water
- ☐ 1 teaspoon tamarind concentrate (or the juice from)
- ☐ 2 teaspoons fish sauce (or soy sauce)
- ☐ 2 teaspoons coconut sugar (or brown sugar)
- ☐ 1 teaspoon chili sauce
- ☐ 1 tablespoon oil
- ☐ 2 ounces shrimp peeled
- ☐ 2 mushroom caps sliced

- ☐ 1 shallots diced finely
- ☐ 1 clove garlic chopped
- ☐ 1 cup bean sprouts
- ☐ 1 green onion sliced
- ☐ 1 tablespoon roasted peanuts chopped
- ☐ 1 birds eye chili sliced
- ☐ 1 serving cilantro leaves to taste
- ☐ 1 teaspoon butter
- ☐ 2 eggs lightly beaten
- ☐ 1 teaspoon fish sauce (or soy sauce)
- ☐ 1 serving lime wedges

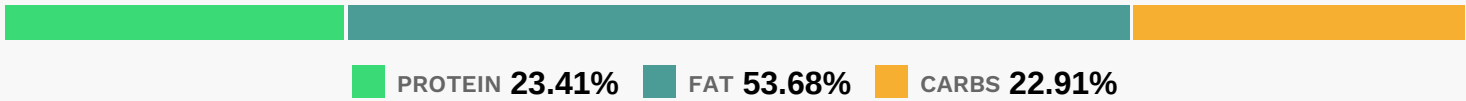
Equipment

- ☐ frying pan

Directions

- ☐ Heat the water, tamarind, fish sauce, sugar and chili until the sugar is dissolved and set aside.
- ☐ Heat oil in a pan over medium-high heat.
- ☐ Add the shrimp, shiitake, shallot and garlic and saute for 2 minutes.
- ☐ Add the sauce, bean sprouts, green onion and peanuts and cook for 1 minute.
- ☐ Add the chili and cilantro and remove from heat and set aside.
- ☐ Wipe out the pan and melt the butter over medium heat.
- ☐ Mix the eggs and the fish sauce, pour them into the pan and cook until almost set, about 2 minutes.
- ☐ Spoon the shrimp mixture onto half of the omelette and fold the other half over.

Nutrition Facts



Properties

Glycemic Index:303, Glycemic Load:4.5, Inflammation Score:-8, Nutrition Score:27.461739083995%

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 Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 518.13kcal (25.91%), Fat: 32.07g (49.34%), Saturated Fat: 7.25g (45.31%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 25.61g (9.31%), Sugar: 19.53g (21.7%), Cholesterol: 429.4mg (143.13%), Sodium: 1767.3mg (76.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.93%), Vitamin K: 71.21µg (67.82%), Selenium: 32.73µg (46.76%), Phosphorus: 460.72mg (46.07%), Vitamin B2: 0.65mg (38.08%), Folate: 148.98µg (37.25%), Manganese: 0.74mg (36.79%), Vitamin C: 27.65mg (33.51%), Copper: 0.64mg (31.81%), Magnesium: 123.39mg (30.85%), Vitamin B6: 0.58mg (28.79%), Vitamin E: 3.8mg (25.34%), Vitamin B5: 2.45mg (24.55%), Potassium: 855.34mg (24.44%), Iron: 4.13mg (22.95%), Vitamin B3: 4.23mg (21.16%), Fiber: 5.19g (20.76%), Zinc: 3.06mg (20.41%), Vitamin A: 823.78IU (16.48%), Calcium: 156.11mg (15.61%), Vitamin B1: 0.23mg (15.07%), Vitamin B12: 0.88µg (14.64%), Vitamin D: 1.87µg (12.48%)