



WHATSheATE



Pad Thai Shrimp Burgers



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 0.3 cup carrots julienned
- ☐ 1 teaspoon chili sauce to taste (or)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.8 cup coconut milk
- ☐ 1 tablespoons fish sauce (or soy sauce)
- ☐ 2 cloves garlic
- ☐ 2 green onions sliced

- ☐ 0.5 teaspoon lime zest
- ☐ 2 tablespoons coconut sugar (or brown sugar)
- ☐ 1 tablespoon peanut butter
- ☐ 0.3 cup peanuts toasted chopped
- ☐ 1 small shallots
- ☐ 2 tablespoon fried shallots crispy
- ☐ 1.5 pounds shrimp deveined peeled coarsely chopped
- ☐ 4 buns
- ☐ 2 teaspoons tamarind concentrate (or the juice from 1 lime)

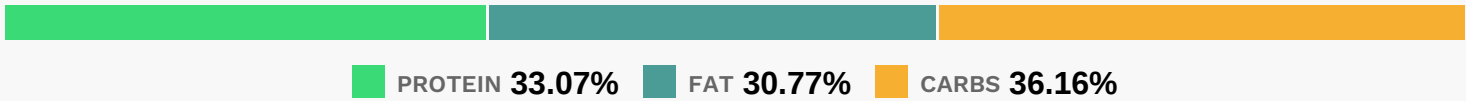
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Mince 1/3 of the shrimp in a food processor along with the garlic, shallot, fish sauce, lime zest and cilantro.
- ☐ Mix the minced shrimp into the chopped shrimp, form 4 patties and chill in the fridge for at least 30 minutes.Oil your grill, heat to medium-high and cook the shrimp until pink, about 3-5 minutes per side.
- ☐ Heat the coconut milk, tamarind, sugar, fish sauce and peanut butter over medium heat until the sugar and peanut butter melt and the sauce thickens a bit and set aside to cool.
- ☐ Mix the bean sprouts, carrot, green onion and cilantro and toss in the pad thai sauce.
- ☐ Place the shrimp patties in buns and top with the bean sprout mixture, chopped peanuts and crispy fried shallots.

Nutrition Facts



Properties

Glycemic Index:124.02, Glycemic Load:26.55, Inflammation Score:-8, Nutrition Score:19.404782870541%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 534.72kcal (26.74%), Fat: 18.8g (28.93%), Saturated Fat: 9.32g (58.24%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 46.12g (16.77%), Sugar: 14.77g (16.41%), Cholesterol: 273.86mg (91.29%), Sodium: 902.38mg (39.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.47g (90.93%), Iron: 14.07mg (78.19%), Phosphorus: 487.44mg (48.74%), Copper: 0.94mg (46.81%), Manganese: 0.83mg (41.38%), Magnesium: 125.36mg (31.34%), Vitamin A: 1480.04IU (29.6%), Vitamin K: 25.45µg (24.24%), Potassium: 810.23mg (23.15%), Zinc: 3.04mg (20.3%), Calcium: 162.24mg (16.22%), Folate: 59.96µg (14.99%), Fiber: 3.61g (14.43%), Vitamin B3: 2.8mg (14.02%), Vitamin B6: 0.18mg (9.13%), Vitamin C: 7.51mg (9.1%), Vitamin B1: 0.13mg (8.93%), Vitamin B5: 0.46mg (4.6%), Vitamin B2: 0.08mg (4.47%), Vitamin E: 0.53mg (3.57%), Selenium: 1.92µg (2.74%)