



Pad Thai (Stir-Fried Noodles)

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bean sprouts
- 2 tablespoons brown sugar
- 3 tablespoons canola oil
- 2 large eggs lightly beaten
- 1 pound extra-firm tofu cubed
- 0.3 cup fish sauce
- 3 large garlic cloves minced
- 1 lime cut into wedges

- 2 teaspoons paprika
- 0.3 cup peanuts chopped
- 1 small bell pepper red seeded
- 0.5 pound rice noodles dry
- 0.3 cup rice vinegar
- 6 scallions cut into 2-inch pieces
- 0.5 pound shrimp cleaned peeled

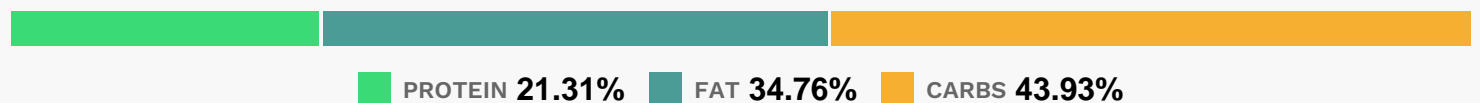
Equipment

- pot
- wok

Directions

- Cover the noodles with warm water and soak for 30 to 45 minutes or until softened but not mushy.
- Drain and discard the water.
- In a wok or large stockpot, heat the oil over medium-high heat.
- Add the garlic and stir-fry 15 seconds.
- Add the shrimp and stir-fry 2 to 3 minutes or just until pink and opaque.
- Add the tofu and toss until lightly coated with oil.
- Add the eggs and scramble. Fold in the softened noodles, fish sauce, vinegar, 1/4 cup water, brown sugar, and paprika and toss for about 2 minutes or until well combined.
- Add the scallions and bean sprouts and heat through. Pile onto a large platter and garnish with the red pepper, peanuts, and wedges of lime.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:18.9, Inflammation Score:-7, Nutrition Score:14.594347798306%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 399.02kcal (19.95%), Fat: 15.57g (23.96%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 40.72g (14.81%), Sugar: 7.03g (7.81%), Cholesterol: 122.86mg (40.95%), Sodium: 907.4mg (39.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.95%), Vitamin K: 42.55µg (40.53%), Vitamin C: 26.39mg (31.99%), Manganese: 0.53mg (26.58%), Phosphorus: 229.35mg (22.94%), Vitamin A: 938.32IU (18.77%), Selenium: 12.84µg (18.34%), Calcium: 171.33mg (17.13%), Copper: 0.34mg (16.84%), Folate: 64.3µg (16.08%), Magnesium: 61.98mg (15.49%), Iron: 2.78mg (15.47%), Fiber: 3.56g (14.24%), Vitamin E: 1.92mg (12.77%), Vitamin B6: 0.21mg (10.32%), Potassium: 356.16mg (10.18%), Vitamin B2: 0.17mg (10.09%), Zinc: 1.43mg (9.53%), Vitamin B3: 1.84mg (9.18%), Vitamin B1: 0.11mg (7.44%), Vitamin B5: 0.63mg (6.29%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.33µg (2.22%)