



Pad Thai (Thai Fried Rice Noodles)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups bean sprouts
- 0.5 teaspoon pepper red crushed
- 0.3 cup dry-roasted peanuts unsalted chopped
- 3 large eggs lightly beaten
- 3 tablespoons fish sauce
- 2.5 tablespoons cilantro leaves fresh chopped
- 10 garlic cloves minced
- 3 tablespoons green onions chopped

- 0.3 cup catsup
- 1 lime cut into 8 wedges
- 0.5 pound rice sticks uncooked (rice-flour noodles)
- 1 pound shrimp deveined peeled
- 1.5 tablespoons sugar
- 1 tablespoon vegetable oil divided
- 3 tablespoons water
- 4 cups water boiling

Equipment

- bowl
- frying pan
- wok

Directions

- Combine rice sticks and boiling water in a bowl; let stand 10 minutes or until soft.
- Drain; set aside.
- Combine fish sauce, ketchup, sugar, and 3 tablespoons water in a bowl; stir well. Set aside.
- Combine peanuts, green onions, cilantro, and pepper in a bowl; stir well. Set aside.
- Heat 1 teaspoon oil in a large nonstick skillet or wok over medium-high heat.
- Add shrimp, and stir-fry 1 1/2 minutes.
- Remove shrimp from skillet; set aside, and keep warm.
- Heat 2 teaspoons oil over medium-high heat.
- Add garlic; stir-fry 30 seconds.
- Add eggs; stir-fry 2 minutes.
- Add rice sticks and fish sauce mixture; stir-fry 3 minutes. Return shrimp to skillet; add bean sprouts, and stir-fry an additional 30 seconds. Spoon 2 cups mixture onto each of 6 plates; top each with 2 tablespoons peanut mixture, and serve with lime wedges.

Nutrition Facts

PROTEIN 28.71% FAT 21.91% CARBS 49.38%

Properties

Glycemic Index:42.88, Glycemic Load:21.07, Inflammation Score:-5, Nutrition Score:13.910000013269%

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 Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 340.7kcal (17.04%), Fat: 8.42g (12.96%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 40.47g (14.72%), Sugar: 7.34g (8.16%), Cholesterol: 214.71mg (71.57%), Sodium: 965.63mg (41.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.67%), Manganese: 0.78mg (38.77%), Phosphorus: 311.59mg (31.16%), Copper: 0.56mg (28.01%), Selenium: 15.76µg (22.52%), Vitamin K: 23.08µg (21.98%), Magnesium: 77.92mg (19.48%), Zinc: 2.15mg (14.35%), Vitamin B6: 0.27mg (13.72%), Potassium: 474.33mg (13.55%), Folate: 52.19µg (13.05%), Vitamin C: 10.45mg (12.67%), Vitamin B2: 0.22mg (12.66%), Vitamin B3: 2.24mg (11.18%), Calcium: 109.47mg (10.95%), Iron: 1.92mg (10.68%), Vitamin B5: 1.06mg (10.57%), Fiber: 2.25g (8.98%), Vitamin B1: 0.1mg (6.84%), Vitamin A: 291.27IU (5.83%), Vitamin E: 0.78mg (5.22%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.5µg (3.33%)