



Pad Thai with Chicken and Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1 teaspoon asian chili paste such as sambal oelek
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon creamy peanut butter
- ☐ 4 servings cilantro leaves fresh for garnish
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ginger minced
- ☐ 1 tablespoon brown sugar light packed

- ☐ 4 servings lime wedges for garnish
- ☐ 4 servings mung bean sprouts for garnish
- ☐ 4 servings peanuts chopped for garnish
- ☐ 0.3 pound medium-wide rice noodles softened drained
- ☐ 4 servings romaine lettuce chopped for garnish
- ☐ 0.5 cup vegetables mixed yellow julienned (carrots, squash, zucchini)
- ☐ 12 shrimp medium to large deveined peeled
- ☐ 4 ounces chicken breast boneless skinless sliced into strips
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon water

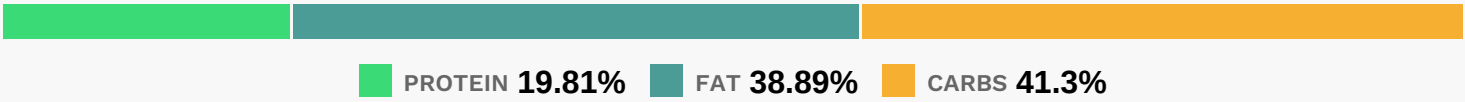
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok

Directions

- ☐ In a small bowl, whisk together the soy sauce, water, peanut butter, and chili paste until smooth.
- ☐ Heat a large wok over medium-high heat, and add canola oil. When the oil is hot, add the garlic and ginger and let cook until fragrant, about 1 minute.
- ☐ Add the vegetables, chicken, and shrimp, and stir-fry until chicken and shrimp are browned and cooked through, about 2 minutes.
- ☐ Add noodles and toss to coat.
- ☐ Add peanut/spice paste, brown sugar and cider vinegar and toss to distribute. Cook until heated through, about 2 minutes.
- ☐ Spread chopped romaine on a platter.
- ☐ Serve pad Thai on top of lettuce and garnish with mung bean sprouts, lime, cilantro and chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:73.81, Glycemic Load:14.65, Inflammation Score:-10, Nutrition Score:19.939565176549%

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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 330.75kcal (16.54%), Fat: 14.48g (22.28%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 31.05g (11.29%), Sugar: 4.62g (5.13%), Cholesterol: 66.44mg (22.15%), Sodium: 408.21mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.19%), Vitamin A: 8577.26IU (171.55%), Vitamin K: 95.35µg (90.81%), Folate: 131.82µg (32.95%), Manganese: 0.48mg (23.87%), Phosphorus: 232.48mg (23.25%), Vitamin B3: 4.48mg (22.41%), Selenium: 14.23µg (20.33%), Vitamin B6: 0.35mg (17.32%), Vitamin E: 2.38mg (15.85%), Potassium: 509.78mg (14.57%), Fiber: 3.55g (14.21%), Magnesium: 50.42mg (12.6%), Copper: 0.25mg (12.54%), Iron: 1.79mg (9.93%), Vitamin B1: 0.13mg (8.98%), Vitamin C: 7.02mg (8.5%), Zinc: 1.24mg (8.25%), Vitamin B2: 0.13mg (7.57%), Calcium: 68.46mg (6.85%), Vitamin B5: 0.67mg (6.69%)