



Pad Thai with Pork

 Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon sesame oil dark
- ☐ 3 eggs beaten
- ☐ 1 cup bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 4 garlic cloves minced
- ☐ 0.8 tablespoon green onions thinly sliced
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 lime cut into wedges
- ☐ 0.3 cup vegetable oil; peanut oil preferred divided
- ☐ 1 pound pork loin thinly sliced
- ☐ 0.5 tablespoon pepper flakes red crushed to taste
- ☐ 6 ounces rice stick noodles dry
- ☐ 0.5 cup roasted peanuts finely chopped
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup thai fish sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ wok

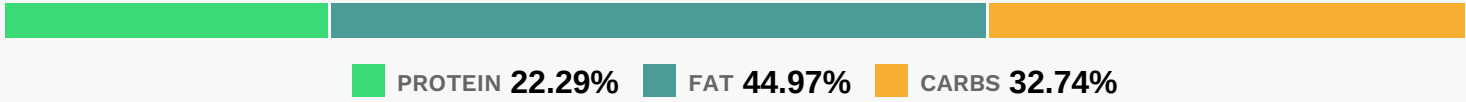
Directions

- ☐ In a bowl of hot water, soak the dry rice noodles until softened, about 30 to 45 minutes.
- ☐ Drain and set aside.
- ☐ In a medium mixing bowl, whisk the sesame oil and cornstarch.
- ☐ Add the pork and toss well.
- ☐ In a small mixing bowl, whisk the fish sauce, lemon juice and sugar. Set aside.
- ☐ Preheat a wok or large skillet over high heat.
- ☐ Pour in half the peanut oil and heat (but do not bring oil to smoking point).
- ☐ Add pork and cook until cooked through, about 2 minutes.
- ☐ Remove pork and set aside.
- ☐ Reheat wok or skillet and pour in the remaining peanut oil.
- ☐ Add the garlic, crushed red pepper flakes and green onions. Cook until soft and fragrant, about 1 minute. Slowly add the eggs, stirring constantly. Once cooked, add the drained

noodles, fish sauce mixture and cooked pork. Toss until combined.

- ☐ Transfer the Pad Thai to a serving platter and top with bean sprouts, peanuts, lime wedges and cilantro leaves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.52, Glycemic Load:27.13, Inflammation Score:-7, Nutrition Score:25.57782589871%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 679.02kcal (33.95%), Fat: 34.24g (52.68%), Saturated Fat: 6.72g (42%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 52.33g (19.03%), Sugar: 11.51g (12.79%), Cholesterol: 194.2mg (64.73%), Sodium: 1416.96mg (61.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.38%), Selenium: 51.65µg (73.78%), Vitamin B6: 1.12mg (56.01%), Vitamin B3: 10.09mg (50.45%), Phosphorus: 484.21mg (48.42%), Vitamin B1: 0.63mg (41.91%), Manganese: 0.82mg (40.96%), Vitamin B2: 0.45mg (26.39%), Magnesium: 104.75mg (26.19%), Zinc: 3.4mg (22.66%), Potassium: 777.4mg (22.21%), Vitamin E: 3.16mg (21.09%), Vitamin C: 15.7mg (19.04%), Vitamin B5: 1.83mg (18.32%), Folate: 69.14µg (17.28%), Copper: 0.33mg (16.52%), Vitamin B12: 0.94µg (15.69%), Vitamin K: 15.89µg (15.13%), Fiber: 3.77g (15.09%), Iron: 2.64mg (14.68%), Vitamin A: 570.16IU (11.4%), Calcium: 76.45mg (7.65%), Vitamin D: 1.11µg (7.42%)