



Pad Thai with prawns

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g udon noodle
- ☐ 2 tsp vegetable oil
- ☐ 100 g prawn raw peeled
- ☐ 4 spring onion chopped
- ☐ 2 eggs beaten
- ☐ 2 tbsp roasted peanut chopped
- ☐ 1 small handful coriander leaves
- ☐ 2 servings lime wedges

- ☐ 2 tbsp tamarind paste
- ☐ 1 tbsp fish sauce
- ☐ 1 juice of lime
- ☐ 1 tbsp brown sugar soft

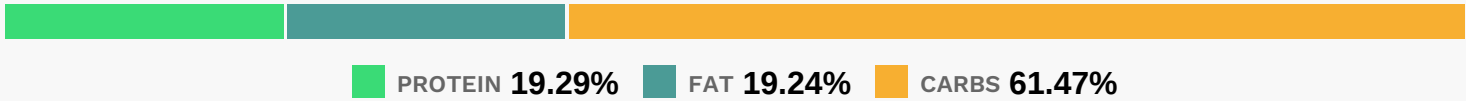
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Boil the noodles in salted water for 3 mins until soft.
- ☐ Drain and rinse in cold water. To make the sauce, mix all the ingredients together in a small bowl.
- ☐ Heat a wok with half the oil.
- ☐ Add the prawns and spring onions, and cook, stirring quickly, for 1 min or until the prawns turn pink. Push to the side and add the remaining oil.
- ☐ Add the egg and let sit for 30 secs, then scramble until cooked.
- ☐ Add the noodles and sauce, and cook, stirring continuously, for 3 mins or until everything is hot.
- ☐ Serve the noodles with the peanuts and coriander sprinkled on top, and lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:108.63, Glycemic Load:43.98, Inflammation Score:-8, Nutrition Score:27.416521611421%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg

Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 742.33kcal (37.12%), Fat: 15.95g (24.54%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 114.65g (38.22%), Net Carbohydrates: 108.12g (39.32%), Sugar: 16.7g (18.56%), Cholesterol: 244.18mg (81.39%), Sodium: 849.42mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.94%), Selenium: 94.51µg (135.01%), Manganese: 1.51mg (75.68%), Vitamin K: 64.96µg (61.86%), Phosphorus: 500.24mg (50.02%), Copper: 0.73mg (36.43%), Magnesium: 145.42mg (36.35%), Fiber: 6.53g (26.14%), Folate: 92.25µg (23.06%), Zinc: 3.36mg (22.43%), Iron: 4.02mg (22.32%), Vitamin B3: 4.45mg (22.23%), Potassium: 775.48mg (22.16%), Vitamin B2: 0.34mg (20.23%), Vitamin B1: 0.29mg (19.05%), Vitamin B6: 0.36mg (17.98%), Vitamin B5: 1.48mg (14.82%), Calcium: 135.23mg (13.52%), Vitamin C: 10.45mg (12.66%), Vitamin A: 625.72IU (12.51%), Vitamin E: 1.2mg (8.01%), Vitamin B12: 0.43µg (7.25%), Vitamin D: 0.88µg (5.87%)