



Pad Thai with Shrimp

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups water
- ☐ 6 oz vermicelli linguine-style (rice stick noodles)
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup water
- ☐ 3 tablespoons brown sugar packed
- ☐ 3 tablespoons fish sauce
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon vinegar white

- ☐ 0.8 teaspoon ground pepper red (cayenne)
- ☐ 3 tablespoons vegetable oil
- ☐ 3 cloves garlic finely chopped
- ☐ 1 medium shallots finely chopped
- ☐ 2 eggs beaten
- ☐ 12 oz shrimp frozen thawed deveined cooked peeled
- ☐ 0.3 cup roasted peanuts finely chopped
- ☐ 3 cups bean sprouts fresh
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 cup cilantro leaves packed

Equipment

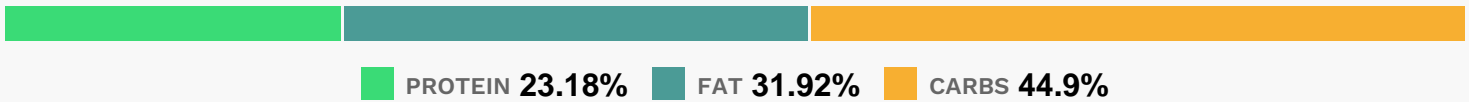
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ wok

Directions

- ☐ In 3-quart saucepan, heat 4 cups water to boiling.
- ☐ Remove from heat; add noodles (push noodles into water with back of spoon to cover completely with water if necessary). Soak noodles 3 to 5 minutes or until noodles are soft but firm.
- ☐ Drain noodles; rinse with cold water.
- ☐ Meanwhile, in small bowl, stir lime juice, 1/3 cup water, the brown sugar, fish sauce, soy sauce, vinegar, red pepper and 1 tablespoon of the oil until well mixed; set aside.
- ☐ In nonstick wok or 12-inch nonstick skillet, heat remaining 2 tablespoons vegetable oil over medium heat. Cook garlic and shallot in oil about 30 seconds, stirring constantly, until starting to brown.
- ☐ Add eggs. Cook about 2 minutes, stirring gently and constantly, until scrambled but still moist.

- ☐ Stir in noodles and lime juice mixture. Increase heat to high. Cook about 1 minute, tossing constantly with 2 wooden spoons, until sauce begins to thicken.
- ☐ Add remaining ingredients except cilantro. Cook 2 to 3 minutes, tossing with 2 wooden spoons, until noodles are tender.
- ☐ Place on serving platter.
- ☐ Sprinkle with cilantro.
- ☐ Garnish with additional chopped dry-roasted peanuts and green onions if desired.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:20.83, Inflammation Score:-6, Nutrition Score:18.850434707559%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 489kcal (24.45%), Fat: 17.71g (27.24%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 56.06g (18.69%), Net Carbohydrates: 52.43g (19.07%), Sugar: 13.8g (15.34%), Cholesterol: 218.77mg (72.92%), Sodium: 2086.42mg (90.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.87%), Vitamin K: 61.11µg (58.2%), Phosphorus: 400.98mg (40.1%), Manganese: 0.8mg (39.78%), Copper: 0.67mg (33.34%), Magnesium: 107.23mg (26.81%), Vitamin C: 19.35mg (23.45%), Selenium: 16.29µg (23.27%), Folate: 89.32µg (22.33%), Potassium: 617.73mg (17.65%), Zinc: 2.46mg (16.4%), Iron: 2.81mg (15.6%), Vitamin B3: 3.05mg (15.23%), Vitamin B2: 0.26mg (15.13%), Vitamin B6: 0.29mg (14.58%), Fiber: 3.62g (14.5%), Calcium: 132.51mg (13.25%), Vitamin B1: 0.14mg (9.64%), Vitamin B5: 0.93mg (9.28%), Vitamin E: 1.36mg (9.09%), Vitamin A: 433.17IU (8.66%), Vitamin B12: 0.26µg (4.34%), Vitamin D: 0.44µg (2.93%)