



## Pad Thai with Tofu

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup carrots grated
- 0.3 cup dry-roasted peanuts
- 8 ounces extra-firm tofu drained cut into 1/2-inch cubes
- 1 cup bean sprouts fresh
- 1 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 cup green onion tops sliced (1-inch)
- 1 tablespoons hot sauce

- 1 cup coconut milk light
- 5 lime wedges
- 0.3 cup soya sauce low-sodium
- 1 tablespoon maple syrup
- 1 tablespoon mirin sweet ( rice wine)
- 8 ounces wide rice stick noodles uncooked cooked drained (Banh Pho)
- 2 tablespoons rice vinegar
- 2 cups romaine lettuce shredded
- 5 ounces shiitake mushroom caps thinly sliced
- 1 teaspoon vegetable oil

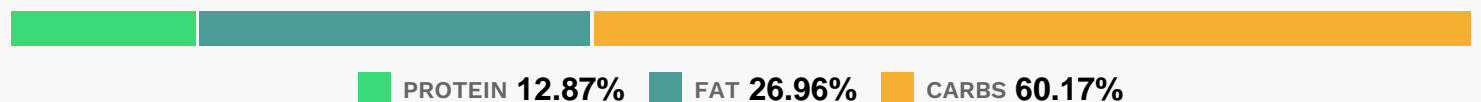
## Equipment

- frying pan
- whisk

## Directions

- To prepare sauce, combine first 5 ingredients, stirring with a whisk.
- To prepare noodles, heat oil in a large nonstick skillet over medium-high heat.
- Add mushrooms, carrot, and garlic; saut 2 minutes.
- Add sauce and tofu; cook 1 minute. Stir in coconut milk; cook 2 minutes. Stir in lettuce and next 5 ingredients (lettuce through noodles); cook 1 minute.
- Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:72.87, Glycemic Load:24.58, Inflammation Score:-10, Nutrition Score:19.794347970382%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

## **Nutrients (% of daily need)**

Calories: 367.38kcal (18.37%), Fat: 11.02g (16.96%), Saturated Fat: 3.88g (24.22%), Carbohydrates: 55.34g (18.45%), Net Carbohydrates: 49.97g (18.17%), Sugar: 6.41g (7.12%), Cholesterol: 0mg (0%), Sodium: 716.21mg (31.14%), Alcohol: 0.48g (100%), Alcohol %: 0.2% (100%), Protein: 11.84g (23.68%), Vitamin A: 6347.19IU (126.94%), Vitamin K: 82.67µg (78.73%), Manganese: 0.83mg (41.66%), Fiber: 5.37g (21.49%), Vitamin C: 17mg (20.61%), Folate: 82.44µg (20.61%), Phosphorus: 199.63mg (19.96%), Vitamin B3: 3.45mg (17.28%), Vitamin B2: 0.24mg (14.1%), Selenium: 9.86µg (14.09%), Potassium: 485.81mg (13.88%), Magnesium: 53.61mg (13.4%), Iron: 2.31mg (12.85%), Calcium: 125.02mg (12.5%), Copper: 0.24mg (11.98%), Vitamin B6: 0.24mg (11.95%), Vitamin B5: 0.88mg (8.79%), Zinc: 1.27mg (8.44%), Vitamin B1: 0.13mg (8.37%), Vitamin E: 0.57mg (3.82%)