



Peanut-Free Pad Thai

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby bok choy
- ☐ 8 ounces chicken breasts cut into 1/ slices
- ☐ 0.3 cup chicken stock see
- ☐ 0.5 cup coriander sprigs
- ☐ 2 tablespoons fish sauce
- ☐ 2 tablespoons flaxseeds
- ☐ 1 tablespoon garlic chopped
- ☐ 1 large bunch green onions (1-inch)

- ☐ 1 tablespoon catsup (omit if using tamarind)
- ☐ 0.3 cup juice of lime
- ☐ 4 lime wedges
- ☐ 8 ounces rice noodles
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 2 tablespoons shallots red chopped
- ☐ 8 medium shrimp
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon sambal oelek
- ☐ 1 teaspoon sambal oelek

Equipment

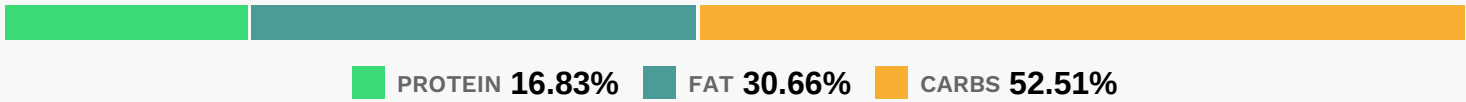
- ☐ frying pan
- ☐ wok

Directions

- ☐ Soak rice noodles in very hot water for about 20 minutes. They should be pliable and drape over your hand but still have a little texture. They soften more in the wok.
- ☐ Drain noodles and rinse well with cold water. Set aside.
- ☐ Combine sugar, fish sauce, lime juice, rice vinegar, ketchup, sambal oelek and stock and set aside. In a wok or skillet over high heat, heat oil.
- ☐ Add shallots and garlic and stir-fry for 30 seconds.
- ☐ Add chicken and stir-fry for 2 minutes or until almost cooked through.
- ☐ Add shrimp, if using, and toss together for 1 minute or until shrimp starts to turn pink.
- ☐ Add noodles and toss to combine.
- ☐ Add sauce, toss again and add green onions and half of the bean sprouts. Cook for 2 minutes or until noodles are soft.
- ☐ Sprinkle with remaining bean sprouts, coriander and garnish with lime wedges.

Sprinkle with flaxseed, if using, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:107.02, Glycemic Load:35.37, Inflammation Score:-10, Nutrition Score:24.538695568624%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 9.1mg, Hesperetin: 9.1mg, Hesperetin: 9.1mg, Hesperetin: 9.1mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 528.25kcal (26.41%), Fat: 17.94g (27.6%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 69.13g (23.04%), Net Carbohydrates: 63.99g (23.27%), Sugar: 13.78g (15.32%), Cholesterol: 68.94mg (22.98%), Sodium: 1041.92mg (45.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.32%), Vitamin A: 8127.4IU (162.55%), Vitamin C: 93.2mg (112.97%), Selenium: 29.72µg (42.45%), Vitamin K: 44.39µg (42.28%), Vitamin B3: 6.84mg (34.2%), Phosphorus: 302.94mg (30.29%), Vitamin B6: 0.56mg (27.75%), Calcium: 259.89mg (25.99%), Manganese: 0.51mg (25.47%), Fiber: 5.14g (20.55%), Magnesium: 72.99mg (18.25%), Iron: 2.78mg (15.44%), Potassium: 463.83mg (13.25%), Copper: 0.25mg (12.44%), Vitamin B1: 0.18mg (11.88%), Vitamin B5: 0.99mg (9.94%), Vitamin E: 1.4mg (9.36%), Zinc: 1.37mg (9.17%), Vitamin B2: 0.12mg (6.89%), Folate: 23.22µg (5.8%), Vitamin B12: 0.16µg (2.61%)