



WHATSheATE



Quick Shrimp Pad Thai



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons fish sauce
- ☐ 0.3 cup canola oil
- ☐ 2 large eggs beaten
- ☐ 3 large garlic clove minced
- ☐ 3 tablespoons brown sugar light
- ☐ 0.3 cup juice of lime fresh for serving
- ☐ 30 servings roasted peanuts chopped for serving
- ☐ 4 spring onion thinly sliced

- ☐ 3 cup shallots thinly sliced
- ☐ 12 ounces shrimp shelled deveined
- ☐ 8 ounces thai basil
- ☐ 2 thai chile with seeds, stemmed and thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Put the noodles in a large bowl and cover with very hot water.
- ☐ Let soak until just pliable, about 5 minutes.
- ☐ Transfer the noodles to a colander and drain, shaking and tossing the noodles once or twice.
- ☐ Meanwhile, in a small bowl, whisk the fish sauce, brown sugar, lime juice and chiles.
- ☐ In a large nonstick skillet, heat 3 tablespoons of the oil until shimmering.
- ☐ Add the shallots and garlic and cook over high heat, stirring occasionally, until lightly browned, about 3 minutes.
- ☐ Add the pad thai noodles and stir-fry until heated through, about 2 minutes.
- ☐ Add the shrimp and cook, stirring occasionally, until they begin to curl and turn pink, about 2 minutes. Scrape the noodles and shrimp to one side of the pan and add the remaining 2 tablespoons of oil to the empty side of the skillet.
- ☐ Add the eggs and cook, stirring occasionally, until nearly set, about 1 minute.
- ☐ Add the scallions and toss everything together, keeping the eggs relatively intact.
- ☐ Add the fish sauce mixture and stir-fry until the noodles are evenly coated, 2 to 3 minutes.
- ☐ Transfer the pad thai to a platter. Top with peanuts, cilantro and bean sprouts and serve with lime wedges.

Nutrition Facts



 PROTEIN **19.62%**  FAT **62.38%**  CARBS **18%**

Properties

Glycemic Index:5.4, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:11.279999981756%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 229.9kcal (11.5%), Fat: 17.03g (26.2%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 7.45g (2.71%), Sugar: 3.19g (3.54%), Cholesterol: 30.66mg (10.22%), Sodium: 246.17mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.11%), Manganese: 0.88mg (43.95%), Vitamin K: 36.26µg (34.53%), Vitamin B3: 4.64mg (23.21%), Magnesium: 67.39mg (16.85%), Phosphorus: 166.95mg (16.7%), Copper: 0.3mg (14.96%), Fiber: 3.61g (14.43%), Folate: 54.46µg (13.61%), Potassium: 382.37mg (10.92%), Vitamin B6: 0.19mg (9.35%), Vitamin A: 437.22IU (8.74%), Vitamin B1: 0.12mg (7.7%), Iron: 1.38mg (7.64%), Calcium: 64.78mg (6.48%), Zinc: 0.97mg (6.44%), Vitamin C: 4.74mg (5.75%), Vitamin B5: 0.56mg (5.62%), Selenium: 3.76µg (5.37%), Vitamin B2: 0.05mg (3.18%), Vitamin E: 0.45mg (2.98%)