

Shrimp Pad Thai

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bean sprouts
- 0.3 cup cilantro leaves coarsely chopped
- 0.5 cup dry-roasted peanuts unsalted chopped
- 2 eggs lightly beaten
- 1 tablespoon fish sauce
- 1 teaspoon garlic minced
- 1 tablespoon catsup
- 1 optional: lemon sliced

- 1 tablespoon juice of lemon
- 1 onion diced
- 0.5 cup peanuts chopped
- 8 ounce rice noodles
- 12 medium shrimp fresh deveined peeled
- 1.5 teaspoons vegetable oil
- 1 tablespoon sugar white
- 1 tablespoon citrus champagne vinegar

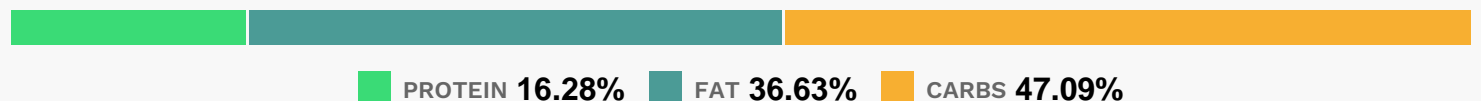
Equipment

- bowl
- frying pan
- wok

Directions

- In a medium bowl, soak the noodles in cold water for 15 min; drain. Cover noodles with hot water, and soak for 15 minutes; drain. Rinse with cold water, drain, and set aside.
- Heat oil in a wok or large heavy skillet over medium heat.
- Saute onion and garlic until onion is soft and translucent, about 5 minutes.
- Add shrimp, and cook until pink. Stir in ketchup, fish sauce, sugar, lemon juice and vinegar.
- Pour in the beaten egg, and cook without stirring until egg is partially set.
- Add drained noodles, 1/4 pound bean sprouts, and 1/2 cup peanuts.
- Mix while cooking until noodles are tender.

Nutrition Facts



Properties

Glycemic Index:64.21, Glycemic Load:30.2, Inflammation Score:-7, Nutrition Score:18.806521996208%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 535.09kcal (26.75%), Fat: 22.44g (34.53%), Saturated Fat: 3.87g (24.22%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 58.86g (21.4%), Sugar: 7.16g (7.96%), Cholesterol: 130.14mg (43.38%), Sodium: 644.73mg (28.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.9%), Manganese: 1.34mg (67.01%), Phosphorus: 367.07mg (36.71%), Vitamin B3: 6.22mg (31.11%), Selenium: 18.99µg (27.12%), Folate: 108.35µg (27.09%), Copper: 0.54mg (27.03%), Vitamin C: 22.24mg (26.95%), Magnesium: 104.96mg (26.24%), Fiber: 6.07g (24.26%), Vitamin B1: 0.26mg (17.25%), Potassium: 560.72mg (16.02%), Vitamin K: 15.86µg (15.1%), Iron: 2.65mg (14.7%), Zinc: 2.07mg (13.79%), Vitamin B6: 0.27mg (13.6%), Vitamin B2: 0.21mg (12.39%), Vitamin B5: 1.16mg (11.58%), Calcium: 101.36mg (10.14%), Vitamin A: 218.79IU (4.38%), Vitamin B12: 0.22µg (3.62%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.44µg (2.93%)