



Shrimp Pad Thai

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



1012 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bean sprouts
- 1 tablespoons asian chili sauce hot (sambal oelek or sriracha)
- 12 ounce extra-firm tofu cut into 1/2-inch cubes
- 0.3 cup fish sauce
- 4 large cloves garlic chopped
- 2 tablespoons juice of lime fresh for garnish
- 6 radishes cut into thin strips
- 2 jalapeño peppers green red seeded thinly sliced into strips (and)

- 8 ounces flat thai rice noodles
- 0.5 cup roasted peanuts salted coarsely chopped
- 4 scallions halved lengthwise cut into 1-inch pieces
- 1 pound shrimp with the shells on
- 0.3 cup sugar raw
- 0.3 cup vegetable oil

Equipment

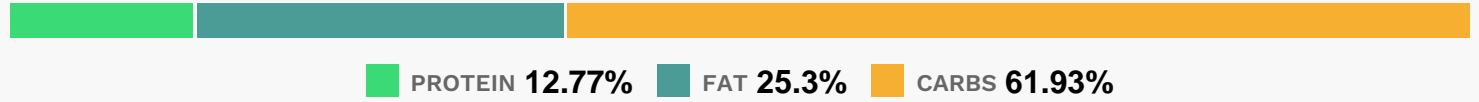
- bowl
- frying pan
- stove
- wok
- slotted spoon

Directions

- Soak the noodles in a bowl of warm water until soft enough to separate, about 10 minutes.
- Mix the fish sauce, sugar, chili sauce and lime juice in a separate bowl. When the noodles are soft, drain and return to the bowl.
- Put the bowls and other ingredients next to the stove (this dish cooks quickly).
- Heat a wok or large skillet over high heat until very hot.
- Add the vegetable oil, then add the shrimp and stir-fry until pink, about 2 minutes.
- Transfer the shrimp to a bowl using a slotted spoon; leave the oil in the pan.
- Add the garlic and tofu to the pan; stir-fry until just golden.
- Add the noodles and 1/4 cup fish-sauce mixture; stir-fry until the noodles absorb the sauce, about 3 minutes.
- Add up to 1/4 cup water if the noodles seem dry, but don't let them become mushy.
- Add the radishes, scallions and 1/4 cup peanuts; toss to combine. Stir in the remaining fish-sauce mixture. Taste and adjust seasoning (you can add more water, lime juice or fish sauce).
- Return the shrimp to the pan and heat through, about 2 minutes.

- Transfer the mixture to a platter; top with bean sprouts, jalapenos and the remaining 1/4 cup peanuts.
- Serve with lime wedges.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:61.84, Inflammation Score:-7, Nutrition Score:27.890869477521%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 1012.16kcal (50.61%), Fat: 28.54g (43.9%), Saturated Fat: 4.33g (27.03%), Carbohydrates: 157.15g (52.38%), Net Carbohydrates: 148.41g (53.97%), Sugar: 19.69g (21.88%), Cholesterol: 0mg (0%), Sodium: 1389.54mg (60.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.79%), Selenium: 83.86µg (119.8%), Manganese: 1.97mg (98.51%), Vitamin K: 68.83µg (65.56%), Phosphorus: 416.25mg (41.63%), Fiber: 8.74g (34.96%), Magnesium: 139.8mg (34.95%), Copper: 0.62mg (31.05%), Vitamin B3: 5.77mg (28.83%), Vitamin C: 22.07mg (26.75%), Folate: 96.31µg (24.08%), Iron: 4.28mg (23.8%), Vitamin B6: 0.41mg (20.34%), Calcium: 192.68mg (19.27%), Zinc: 2.75mg (18.35%), Potassium: 632.28mg (18.07%), Vitamin B1: 0.24mg (16.31%), Vitamin E: 1.7mg (11.32%), Vitamin B2: 0.19mg (11.19%), Vitamin B5: 1.06mg (10.61%), Vitamin A: 237.65IU (4.75%), Vitamin B12: 0.07µg (1.16%)