



Shrimp Pad Thai

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bean sprouts
- 1 teaspoon brown sugar
- 1 cup freshly cilantro leaves chopped
- 1 eggs lightly beaten
- 1 tablespoon fish sauce
- 1 tablespoon garlic minced
- 1 tablespoon ginger minced
- 1 lime zest juiced

- 0.5 teaspoon pepper flakes red crushed
- 7 ounces rice noodles drained for 10 to 15 minutes then
- 1 tablespoon rice wine vinegar
- 3 scallions sliced
- 16 large shrimp deveined peeled
- 2 tablespoons soya sauce
- 1.5 tablespoons vegetable oil divided

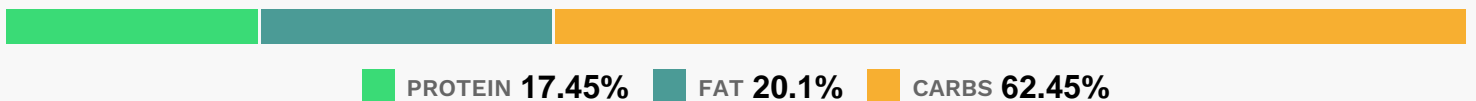
Equipment

- bowl
- frying pan
- wok

Directions

- Heat 1 tablespoon of the oil in a wok or a large frying pan.
- Add the garlic and ginger, and saute until golden brown.
- Add the shrimp and cook for 1 to 2 minutes until pink, tossing from time to time.
- Remove and set aside in a bowl.
- Heat 1/2 tablespoon of oil in the same pan and add the eggs. Stir to scramble the egg into small pieces, remove and set aside with the shrimp.
- Heat the remaining oil in the pan and add the soy sauce, fish sauce, rice wine, red pepper flakes, and brown sugar. Stir briefly, add the drained noodles, and cook for 5 minutes.
- Add the bean sprouts, chopped scallions, and cilantro.
- Mix well and continue to cook until noodles are heated through. Season, if necessary, with a little more soy sauce or fish sauce, sprinkle in lime zest and juice, and serve while hot!

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:24.34, Inflammation Score:-5, Nutrition Score:9.9721739395805%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 304.71kcal (15.24%), Fat: 6.79g (10.45%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 45.38g (16.5%), Sugar: 2.46g (2.73%), Cholesterol: 105.32mg (35.11%), Sodium: 1018.93mg (44.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.52%), Vitamin K: 45.13µg (42.98%), Phosphorus: 215.19mg (21.52%), Manganese: 0.42mg (21.02%), Selenium: 11.96µg (17.09%), Copper: 0.28mg (13.96%), Vitamin C: 10.1mg (12.24%), Magnesium: 41.08mg (10.27%), Vitamin A: 505IU (10.1%), Iron: 1.52mg (8.43%), Zinc: 1.26mg (8.4%), Fiber: 2.08g (8.32%), Potassium: 271.41mg (7.75%), Folate: 28.42µg (7.1%), Vitamin B2: 0.11mg (6.66%), Calcium: 66.6mg (6.66%), Vitamin B6: 0.13mg (6.26%), Vitamin E: 0.83mg (5.56%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.37mg (3.67%), Vitamin B1: 0.05mg (3.62%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.22µg (1.47%)