

Shrimp Pad Thai

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups bean sprouts divided
- ☐ 0.5 cup cilantro leaves
- ☐ 1 tablespoon fish sauce dried minced
- ☐ 2 large eggs slightly beaten
- ☐ 1 tablespoon garlic minced
- ☐ 5 spring onion cut into 2-in. pieces
- ☐ 2 tablespoons catsup
- ☐ 6 lime wedges

- ☐ 1 teaspoon pepper red
- ☐ 12 ounces vermicelli
- ☐ 8 servings to 5 chilies red (Asian chile sauce; optional)
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup thai fish sauce
- ☐ 0.3 cup vegetable oil

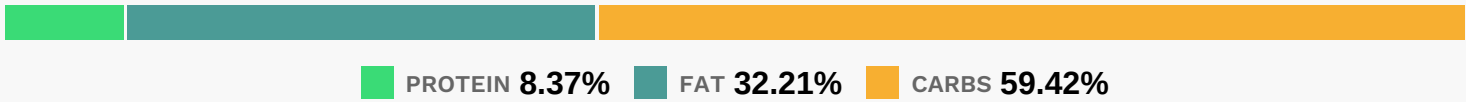
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Soak vermicelli noodles in a bowl of very hot water until soft, about 15 minutes, stirring often to prevent sticking.
- ☐ Meanwhile, heat a large wok or frying pan over high heat.
- ☐ Pour in oil and carefully swirl to coat sides.
- ☐ Add garlic, shrimp, and green onions and cook 2 minutes, stirring often. Stir in dried shrimp, 1 cup bean sprouts, the fish sauce, ketchup, sugar, and chile flakes. Push shrimp mixture to one side of pan and carefully pour eggs onto other side, trying to coat pan evenly.
- ☐ Let cook undisturbed 1 minute, then quickly scramble with other ingredients.
- ☐ Drain noodles and add to egg mixture. Cook until noodles start to brown slightly, 3 to 4 minutes, stirring once or twice.
- ☐ Transfer to plates. Top with remaining bean sprouts, the cilantro, and peanuts.
- ☐ Serve with lime wedges and Sriracha.
- ☐ *Available in the Asian-foods section of well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:23.1, Inflammation Score:-5, Nutrition Score:9.6613042199093%

Flavonoids

Hesperetin: 5.8mg, Hesperetin: 5.8mg, Hesperetin: 5.8mg, Hesperetin: 5.8mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 298.27kcal (14.91%), Fat: 10.78g (16.58%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 42.72g (15.54%), Sugar: 6.23g (6.93%), Cholesterol: 67.57mg (22.52%), Sodium: 961.74mg (41.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin K: 45.82µg (43.64%), Vitamin C: 23.93mg (29%), Manganese: 0.35mg (17.38%), Selenium: 11.69µg (16.7%), Phosphorus: 117.77mg (11.78%), Folate: 37.18µg (9.29%), Magnesium: 34.96mg (8.74%), Vitamin B6: 0.17mg (8.74%), Vitamin A: 411.78IU (8.24%), Vitamin E: 1.22mg (8.11%), Fiber: 2.02g (8.07%), Vitamin B2: 0.13mg (7.72%), Iron: 1.35mg (7.5%), Copper: 0.13mg (6.43%), Potassium: 187.95mg (5.37%), Zinc: 0.71mg (4.71%), Calcium: 44.74mg (4.47%), Vitamin B3: 0.81mg (4.06%), Vitamin B1: 0.06mg (4.02%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.16µg (2.63%), Vitamin D: 0.25µg (1.67%)