

Shrimp Pad Thai

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 3 tablespoons creamy peanut butter
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 cup roasted peanuts chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 5 lime wedges
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 cups snow peas

- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 0.3 teaspoon sriracha such as huy fong) hot
- ☐ 0.3 cup teriyaki sauce low-sodium
- ☐ 2 tablespoons water hot

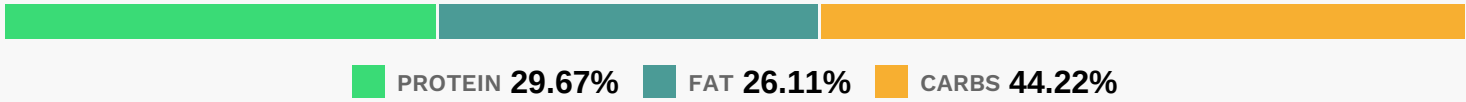
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain and set aside.
- ☐ Combine teriyaki sauce, hot water, peanut butter, and Sriracha, stirring with a whisk.
- ☐ Heat the sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add minced garlic, and saut 1 minute.
- ☐ Add shrimp; saut for 2 minutes or until shrimp are almost done.
- ☐ Add teriyaki sauce mixture, and cook for 2 minutes or until sauce thickens.
- ☐ Add pasta and snow peas; cook for 2 minutes or until thoroughly heated, stirring well.
- ☐ Sprinkle with cilantro and peanuts.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:14.39, Inflammation Score:-8, Nutrition Score:21.322173782017%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 426.11kcal (21.31%), Fat: 12.63g (19.44%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 48.14g (16.05%), Net Carbohydrates: 42.75g (15.55%), Sugar: 7.71g (8.57%), Cholesterol: 146.06mg (48.69%), Sodium: 755.27mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.6%), Vitamin C: 53.03mg (64.28%), Manganese: 1.03mg (51.5%), Selenium: 30.72µg (43.89%), Phosphorus: 419.11mg (41.91%), Copper: 0.68mg (34.24%), Magnesium: 117.65mg (29.41%), Vitamin K: 23.33µg (22.22%), Fiber: 5.39g (21.55%), Vitamin B3: 4.21mg (21.05%), Potassium: 687.74mg (19.65%), Iron: 3.47mg (19.28%), Vitamin A: 933.6IU (18.67%), Zinc: 2.56mg (17.05%), Folate: 64.91µg (16.23%), Vitamin B6: 0.29mg (14.69%), Vitamin B1: 0.22mg (14.34%), Calcium: 128mg (12.8%), Vitamin B5: 1.1mg (11.01%), Vitamin E: 1.32mg (8.8%), Vitamin B2: 0.13mg (7.84%)