



## Spaghetti Squash Shrimp Pad Thai



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups bean sprouts
- ☐ 3 tablespoons brown sugar
- ☐ 1 cup carrots julienned
- ☐ 1 tablespoon chili sauce or to taste
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 eggs lightly beaten
- ☐ 3 cloves garlic chopped
- ☐ 4 green onions sliced

- ☐ 1 tablespoon oil
- ☐ 2 tablespoons peanut butter
- ☐ 0.3 cup roasted peanuts chopped
- ☐ 2 shallots diced
- ☐ 8 ounces shrimp deveined peeled
- ☐ 3 tablespoons soya sauce
- ☐ 4 lb spaghetti squash seeds removed cut in half, and
- ☐ 1 tablespoon tamarind concentrate or

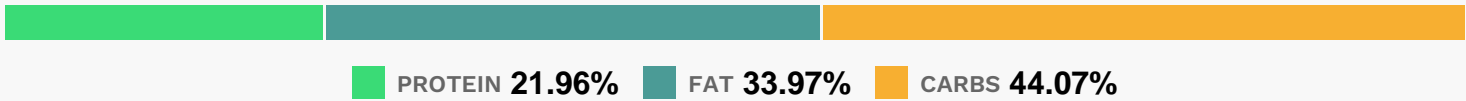
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ colander

## Directions

- ☐ Brush the inside of the spaghetti squash with oil and roast, skin side up, in a preheated 400F oven until tender, about 45 minutes, before scooping the flesh out with a fork and leaving it in a colander to drain.Meanwhile, heat the tamarind, fish sauce, sugar, chili sauce and peanut butter until smooth and then prepare the remaining ingredients.
- ☐ Heat oil in a pan, add the shrimp, cook until just opaque, about 2–3 minutes, and set aside.
- ☐ Add the shallots saute for a minute, add the garlic and saute until fragrant, about a minute.
- ☐ Add the bean sprouts and carrots and cook for a minute.
- ☐ Spread everything to the outside of the pan, add the eggs, let them set a bit and then cook it scrambled style, mixing it into the vegetables.
- ☐ Add the spaghetti squash, the sauce, green onions, peanuts and cilantro and gently mix everything up until the sauce is evenly mixed in and remove from heat.

## Nutrition Facts



## Properties

Glycemic Index:62.46, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:27.796086881472%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 408.1kcal (20.41%), Fat: 16.54g (25.44%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 39.33g (14.3%), Sugar: 26.04g (28.93%), Cholesterol: 173.13mg (57.71%), Sodium: 1370.39mg (59.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.12%), Vitamin A: 6078.24IU (121.56%), Vitamin K: 55.25µg (52.62%), Manganese: 1.04mg (51.9%), Fiber: 8.94g (35.76%), Magnesium: 139.15mg (34.79%), Vitamin B3: 6.78mg (33.9%), Phosphorus: 328.89mg (32.89%), Vitamin B6: 0.66mg (32.85%), Folate: 125.65µg (31.41%), Copper: 0.6mg (29.98%), Potassium: 1002.62mg (28.65%), Vitamin C: 20.55mg (24.91%), Vitamin B5: 2.09mg (20.91%), Calcium: 188.04mg (18.8%), Iron: 3.29mg (18.27%), Vitamin B1: 0.27mg (18.27%), Vitamin B2: 0.3mg (17.48%), Zinc: 2.5mg (16.66%), Vitamin E: 2.43mg (16.19%), Selenium: 11.06µg (15.8%), Vitamin B12: 0.26µg (4.34%), Vitamin D: 0.44µg (2.93%)