



Spicy Peanut Sauce Pad Thai



Dairy Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 eggs lightly beaten
- ☐ 2 cloves garlic chopped
- ☐ 2 green onions sliced
- ☐ 1 lime lime cut into wedges
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.5 cup spicy peanut sauce

- ☐ 6 ounces rice noodles
- ☐ 2 tablespoons roasted peanuts chopped
- ☐ 2 shallots diced finely
- ☐ 6 ounces shrimp

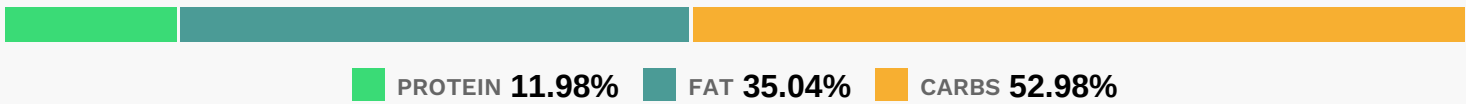
Equipment

- ☐ frying pan

Directions

- ☐ Cook the noodles in water as directed on package until just pliable.
- ☐ Heat oil in a pan over medium-high heat.
- ☐ Add the shrimp, shallots and garlic and saute for 1 minute.
- ☐ Add the peanut sauce and noodles, mix and move to the side of the pan.
- ☐ Add the egg, let it set a bit and then mix it into the noodles.
- ☐ Add the peanuts and bean sprouts and cook for a minute.
- ☐ Add the green onions and cilantro and remove from heat.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:42.58, Inflammation Score:-6, Nutrition Score:18.802608635115%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 757.57kcal (37.88%), Fat: 29.2g (44.92%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 99.36g (33.12%), Net Carbohydrates: 94.01g (34.18%), Sugar: 15.52g (17.25%), Cholesterol: 112.46mg (37.49%), Sodium: 1103.06mg (47.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.93%), Vitamin K: 49.38µg

(47.03%), Manganese: 0.92mg (46.21%), Selenium: 27.49µg (39.27%), Phosphorus: 331.49mg (33.15%), Vitamin C: 23mg (27.88%), Vitamin B3: 5.09mg (25.43%), Fiber: 5.36g (21.42%), Vitamin B6: 0.41mg (20.63%), Folate: 79.85µg (19.96%), Copper: 0.32mg (16.02%), Iron: 2.82mg (15.64%), Vitamin B2: 0.26mg (15.58%), Magnesium: 59.66mg (14.92%), Zinc: 2.09mg (13.94%), Potassium: 461.35mg (13.18%), Vitamin B5: 1.27mg (12.72%), Vitamin B1: 0.17mg (11.6%), Vitamin E: 1.71mg (11.38%), Vitamin A: 459.49IU (9.19%), Calcium: 84.59mg (8.46%), Vitamin B12: 0.32µg (5.37%), Vitamin D: 0.52µg (3.48%)