



Super-fast Pad Thai

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g rice noodles
- ☐ 140 g peas frozen
- ☐ 200 g prawns frozen
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 100 g beansprouts
- ☐ 1 small bunch spring onion sliced
- ☐ 2 eggs beaten
- ☐ 3 tbsp roasted peanuts

- ☐ 2 tbsp soya sauce
- ☐ 2 tbsp chilli sauce sweet
- ☐ 1 small bunch coriander

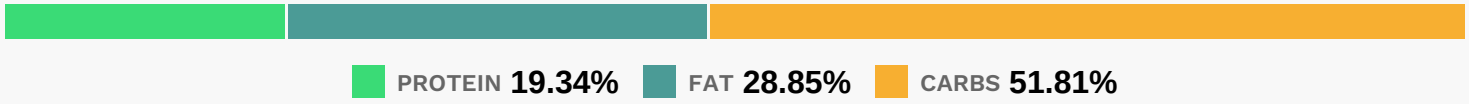
Equipment

- ☐ frying pan

Directions

- ☐ Bring a pan of water to the boil, add the noodles and cook for 3 mins, adding the peas and prawns for the final min.
- ☐ Drain, and set aside while you heat the oil in a large frying pan.
- ☐ Fry the noodles, prawns, peas, beansprouts and spring onions, tossing to coat in the oil for a few mins. Push everything to one side of the pan and pour in the egg. Stir until cooked, then mix everything well. Toss through the peanuts, soy and sweet chilli sauce so everything is combined. Scatter with the coriander and serve.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:25.19, Inflammation Score:-6, Nutrition Score:15.415217233741%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 422.4kcal (21.12%), Fat: 13.57g (20.88%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 50.58g (18.39%), Sugar: 7.47g (8.3%), Cholesterol: 162.34mg (54.11%), Sodium: 807.09mg (35.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.93%), Manganese: 0.7mg (35.09%), Vitamin K: 35.99µg (34.28%), Phosphorus: 322.27mg (32.23%), Vitamin C: 18.97mg (22.99%), Selenium: 15.77µg (22.53%), Vitamin E: 3.26mg (21.73%), Copper: 0.42mg (21.21%), Fiber: 4.25g (16.99%), Folate: 65.99µg (16.5%), Magnesium: 60.86mg (15.21%), Zinc: 2.08mg (13.88%), Vitamin B3: 2.58mg (12.88%), Vitamin B2: 0.21mg (12.61%), Iron: 2.25mg (12.48%), Vitamin A: 586.58IU (11.73%), Potassium: 404.27mg (11.55%), Vitamin B1: 0.17mg (11.47%), Vitamin B6: 0.17mg (8.49%), Calcium: 80.28mg (8.03%), Vitamin B5: 0.65mg (6.48%), Vitamin B12: 0.2µg (3.26%), Vitamin D:

0.44μg (2.93%)