



Toronto Pad Thai



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups bean sprouts
- ☐ 1 tablespoon chili paste depending on your taste pref (sambal oelek)
- ☐ 4 eggs beaten
- ☐ 5 cloves garlic minced
- ☐ 5 green onions thinly sliced
- ☐ 0.5 cup coarsely ground peanuts
- ☐ 2 juice of lime juiced
- ☐ 0.3 cup catsup

- ☐ 8 ounce pad thai rice noodles
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 cup tamarind paste
- ☐ 0.5 pound spicy tofu firm cubed drained
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water boiling
- ☐ 1 tablespoon sugar white

Equipment

- ☐ bowl
- ☐ sieve
- ☐ wok

Directions

- ☐ Place the rice noodles in a large bowl, pour in enough very hot tap water to cover, and let them soak for 30 minutes.
- ☐ Drain the noodles, and set aside.
- ☐ Stir together the tamarind paste with boiling water in a bowl until well mixed, and let the mixture stand for 15 minutes. Press the paste mixture through a fine-mesh sieve to strain, and discard any fibers or seeds.
- ☐ Combine the strained tamarind paste with the ketchup, lime juice, soy sauce, sugar, and chili paste in a bowl.
- ☐ Heat the vegetable oil in a wok over medium-high heat until the oil shimmers. Cook and stir the garlic and tofu until the tofu begins to show brown edges, 3 to 4 minutes.
- ☐ Pour in the eggs, and scramble for 30 seconds, then add the noodles, tamarind mixture, and bean sprouts. Cook and stir until the noodles are separated, heated through, and covered with sauce, about 5 minutes.
- ☐ Sprinkle with peanuts and sliced green onions.

Nutrition Facts



 **PROTEIN 13.57%**  **FAT 41.31%**  **CARBS 45.12%**

Properties

Glycemic Index:49.89, Glycemic Load:21.8, Inflammation Score:-5, Nutrition Score:15.273043477017%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 423.88kcal (21.19%), Fat: 19.98g (30.74%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 45.36g (16.5%), Sugar: 9.25g (10.28%), Cholesterol: 109.12mg (36.37%), Sodium: 716.03mg (31.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.53%), Vitamin K: 55.23µg (52.6%), Manganese: 0.73mg (36.5%), Selenium: 16.57µg (23.68%), Phosphorus: 221.46mg (22.15%), Folate: 86.8µg (21.7%), Vitamin C: 13.54mg (16.41%), Vitamin B2: 0.27mg (16.1%), Vitamin B3: 3.15mg (15.78%), Iron: 2.79mg (15.52%), Fiber: 3.72g (14.89%), Copper: 0.29mg (14.73%), Magnesium: 55.23mg (13.81%), Vitamin B1: 0.19mg (12.83%), Vitamin B6: 0.23mg (11.3%), Calcium: 111.21mg (11.12%), Potassium: 357.63mg (10.22%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.34mg (8.93%), Zinc: 1.27mg (8.48%), Vitamin A: 332.35IU (6.65%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.59µg (3.91%)