



WHATSheATE

Vegetable Pad Thai



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 eggs



0.5 cup fish sauce



1 cup bean sprouts fresh for garnish



2 tablespoons cilantro leaves fresh chopped for garnish



2 tablespoons garlic smashed



0.5 cup bell peppers green julienned



0.5 cup ground peanut



2 tablespoons onion finely chopped

- ☐ 0.3 cup peanuts shelled for garnish
- ☐ 0.5 cup bell peppers red julienned
- ☐ 12 ounce pack rice stick noodles dried sen lek
- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons thai pepper powder
- ☐ 0.3 cup vegetable oil

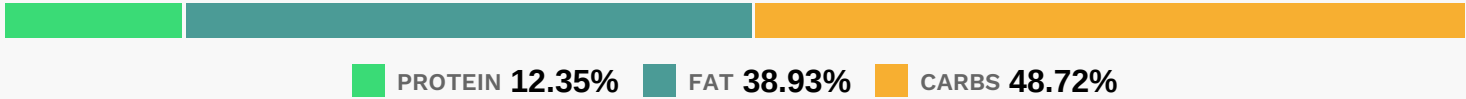
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ wok
- ☐ cutting board

Directions

- ☐ Soak the rice stick noodles in tepid water for about 15 minutes.
- ☐ Remove them to a cutting board and cut into 4-inch pieces then place in a strainer to let all water drain off, and set aside.
- ☐ Coat the bottom of an omelette pan with a small amount of oil and pour off excess. Beat the eggs together and add to pan forming a thin layer, and cook as you would a thin omelette.
- ☐ Remove from heat and chop cooked egg roughly and set aside, keeping warm until ready to serve.
- ☐ Heat the oil over medium-high heat in a wok or large skillet and add garlic, onion, and red and green peppers, and cook for 2 minutes. One at a time, add the ground peanut, fish sauce, soy sauce, sugar and pepper powder, stirring the mixture the entire time. (Note: chicken, shrimp, or tofu can be added to this dish at the saute stage.)
- ☐ Add the noodles and be sure to stir! The noodles tend to burn if not continuously stirred. Check to see if the taste of the dish is suitable to you, if not, then add in either fish sauce or soy sauce (both salty), or sugar (sweet). (Here is where a matter of preference comes into play.) To serve, place the noodle mixture on a plate, top with cooked egg and garnish with bean sprouts, peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:50.43, Glycemic Load:33.48, Inflammation Score:-7, Nutrition Score:18.833912745766%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 520.98kcal (26.05%), Fat: 22.8g (35.07%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 64.19g (21.4%), Net Carbohydrates: 60.47g (21.99%), Sugar: 11.3g (12.56%), Cholesterol: 163.68mg (54.56%), Sodium: 2770.07mg (120.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.28g (32.55%), Manganese: 1.03mg (51.67%), Vitamin C: 33.36mg (40.44%), Selenium: 25.87µg (36.96%), Phosphorus: 292.1mg (29.21%), Folate: 98.22µg (24.56%), Magnesium: 95.78mg (23.94%), Vitamin K: 24.79µg (23.61%), Vitamin B3: 4.63mg (23.13%), Vitamin B6: 0.38mg (19.15%), Vitamin B2: 0.32mg (18.73%), Copper: 0.33mg (16.38%), Iron: 2.83mg (15.7%), Fiber: 3.72g (14.88%), Vitamin A: 706.94IU (14.14%), Vitamin B1: 0.21mg (13.92%), Vitamin B5: 1.26mg (12.61%), Potassium: 405.94mg (11.6%), Zinc: 1.66mg (11.05%), Vitamin E: 1.48mg (9.88%), Vitamin B12: 0.48µg (8.07%), Calcium: 76.8mg (7.68%), Vitamin D: 0.88µg (5.87%)