



Vegetarian Pad Thai

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 0.7 cup chili sauce (such as Heinz)
- 0.3 cup dry-roasted peanuts coarsely chopped
- 1 large eggs
- 2 large egg whites
- 2 tablespoons fish sauce
- 2 cups bean sprouts fresh
- 0.5 cup cilantro leaves fresh divided minced

- 1.5 teaspoons ginger fresh grated peeled
- 3 garlic cloves minced
- 0.8 cup diagonally cut green onions
- 6 lime wedges
- 0.5 pound wide rice stick noodles (bánh pho)
- 1 teaspoon serrano chile seeded chopped
- 12.3 ounce extrafirm tofu drained cut into 1/2-inch cubes
- 4 teaspoons vegetable oil divided
- 2 tablespoons water

Equipment

- frying pan
- whisk

Directions

- Combine first 6 ingredients; set aside.
- Cook noodles in boiling water 5 minutes or until done.
- Drain and rinse with cold water; drain well.
- Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- Add tofu; cook 7 minutes or until browned, stirring occasionally.
- Remove from pan.
- Combine egg whites and egg, stirring well with a whisk.
- Heat 2 teaspoons vegetable oil in pan over medium-high heat.
- Add garlic, and saut for 10 seconds.
- Add egg mixture, and cook for 30 seconds or until soft-scrambled, stirring constantly. Stir in chili sauce mixture and noodles; cook for 2 minutes. Stir in tofu, bean sprouts, onions, and 1/4 cup cilantro, and cook 3 minutes or until thoroughly heated.
- Sprinkle 1/4 cup cilantro and peanuts evenly over each serving of noodle mixture.
- Serve with lime wedges.

Nutrition Facts

PROTEIN 14.64% FAT 26.11% CARBS 59.25%

Properties

Glycemic Index:35.67, Glycemic Load:18.82, Inflammation Score:-6, Nutrition Score:12.49695650391%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 365.22kcal (18.26%), Fat: 10.79g (16.6%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 51.03g (18.56%), Sugar: 15.5g (17.23%), Cholesterol: 31mg (10.33%), Sodium: 1022.02mg (44.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.23%), Vitamin K: 48.74µg (46.42%), Manganese: 0.52mg (26.09%), Vitamin C: 18.05mg (21.88%), Selenium: 12.65µg (18.07%), Fiber: 4.06g (16.26%), Phosphorus: 153.76mg (15.38%), Folate: 53.18µg (13.3%), Calcium: 132.57mg (13.26%), Iron: 2.32mg (12.89%), Magnesium: 47.26mg (11.81%), Vitamin B3: 2.34mg (11.71%), Copper: 0.23mg (11.36%), Vitamin B2: 0.19mg (10.89%), Potassium: 365.98mg (10.46%), Vitamin A: 486.12IU (9.72%), Vitamin B6: 0.19mg (9.31%), Vitamin B1: 0.11mg (7.65%), Vitamin E: 1.1mg (7.31%), Zinc: 0.85mg (5.69%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.17µg (1.11%)