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Shrimp Teriyaki Combo

The Shrimp Teriyaki Combo is a delicious seafood dish that combines succulent shrimp with a flavorful teriyaki sauce. It is typically served with steamed rice and a side of vegetables. This dish originated in Japan and has become popular worldwide for its sweet and savory flavors.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Shrimp
6 tbsp	teriyaki sauce
2 c	Rice
2 c	vegetables
1 tsp	Salt

1 tsp Pepper

2 tbsp Oil

Directions

Step 1

Marinating

Marinate the shrimp in teriyaki sauce for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Boiling

Cook the rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Frying

Heat oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Frying

Add the marinated shrimp to the pan and cook for 2-3 minutes on each side until cooked through.

Prep Time: 0 mins

Cook Time: 6 mins

Step 5

Sautéing

In a separate pan, sauté the vegetables with salt and pepper until tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Plating

Serve the cooked shrimp with rice and vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Events

Picnic

Cuisines

Japanese

Meal Type

Brunch

Lunch

Dinner

Snack

Course

Drinks

Soups

Snacks

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Difficulty Level

Easy

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