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## Honey Pepper Chicken & Shrimp

A delicious combination of honey, pepper, chicken, and shrimp. This dish is perfect for a satisfying and flavorful meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>250 g</b>	chicken breast
<b>250 g</b>	Shrimp
<b>4 tbsp</b>	honey
<b>2 tsp</b>	Black pepper
<b>1 tsp</b>	Salt
<b>2 tbsp</b>	olive oil

<b>3</b> <b>cloves</b>	garlic
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<b>1</b> <b>juice</b> <b>of</b>	Lemon
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<b>2</b> <b>tbsp</b>	Parsley
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## Directions

### Step 1

In a bowl, combine honey, black pepper, salt, olive oil, minced garlic, and lemon juice.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Marinating

Marinate the chicken and shrimp in the honey pepper mixture for 15 minutes.

**Prep Time:** 15 mins

**Cook Time:** 0 mins

### Step 3

Grilling

Heat a grill or grill pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

Grill the chicken and shrimp for 6-8 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

Resting

Remove from heat and let the chicken and shrimp rest for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Garnish with chopped parsley and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 30 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Food Processor

### Nutritional Content

Low Calorie

### Cuisines

Italian

Mexican

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Dinner

### Events

Picnic

### Course

Main Dishes

Side Dishes

Salads

## Cultural

Chinese New Year

Diwali

Easter

## Cost

\$10 to \$20

## Difficulty Level

Medium

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