



Asian Spiced Beef Jerky



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 allspice
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cinnamon sticks crushed
- ☐ 1 teaspoon coriander seeds
- ☐ 2 teaspoons pepper red crushed
- ☐ 0.3 cup brown sugar dark packed
- ☐ 3 large garlic cloves minced
- ☐ 2 teaspoons ginger finely grated

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon asian sesame oil
- ☐ 1 pound rump steak with the grain 1/ sliced lengthwise
- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon worcestershire sauce

Equipment

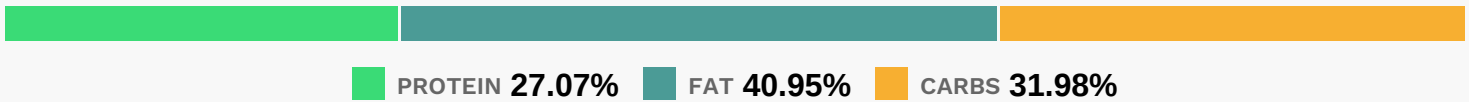
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ pastry brush

Directions

- ☐ In a small skillet, toast the coriander, allspice and cinnamon stick over moderate heat, shaking the pan frequently, until fragrant, about 2 minutes.
- ☐ Transfer to a plate and let cool.
- ☐ Transfer to a spice grinder and grind to a powder.
- ☐ Add the crushed red pepper to the skillet and toast over moderate heat, stirring, for 20 seconds. Scrape the red pepper onto a plate to cool.
- ☐ In a medium saucepan, combine the soy sauce with the granulated sugar, brown sugar, vinegar, Worcestershire sauce and salt and cook over low heat, stirring to dissolve the sugars. Stir in the ground spices, crushed red pepper, garlic, ginger and sesame oil.
- ☐ Transfer to a medium bowl and let cool.
- ☐ Preheat the oven to 22
- ☐ Line 2 large, rimmed baking sheets with foil and set a wire rack in each one.

- ☐ Add the meat to the seasoning sauce and toss to coat the slices.
- ☐ Spread the sliced meat on the racks in a single layer. Using a pastry brush, dab the meat with some of solids from the seasoning sauce.
- ☐ Bake the meat on the lower and middle racks of the oven for 2 hours, or until dry but slightly pliable; switch the pans halfway through the cooking time.
- ☐ Let the beef jerky cool for 20 minutes.
- ☐ Make Ahead: The beef jerky can be refrigerated in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:200.09, Glycemic Load:39.45, Inflammation Score:-8, Nutrition Score:47.88826110886%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1594.17kcal (79.71%), Fat: 72.57g (111.64%), Saturated Fat: 27.99g (174.97%), Carbohydrates: 127.48g (42.49%), Net Carbohydrates: 123.01g (44.73%), Sugar: 112.19g (124.66%), Cholesterol: 254.01mg (84.67%), Sodium: 8200.61mg (356.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 107.93g (215.86%), Vitamin B12: 12.61µg (210.16%), Selenium: 79.53µg (113.62%), Vitamin B3: 21.87mg (109.33%), Vitamin B6: 2.18mg (109.19%), Zinc: 15.88mg (105.87%), Phosphorus: 995.53mg (99.55%), Iron: 14.81mg (82.28%), Manganese: 1.31mg (65.3%), Vitamin B2: 1.08mg (63.53%), Potassium: 2062.54mg (58.93%), Magnesium: 166.4mg (41.6%), Vitamin B1: 0.57mg (37.91%), Copper: 0.69mg (34.58%), Vitamin A: 1208.1IU (24.16%), Vitamin B5: 2.02mg (20.18%), Calcium: 189.27mg (18.93%), Fiber: 4.46g (17.86%), Folate: 52.12µg (13.03%), Vitamin E: 1.65mg (11.02%), Vitamin C: 5.93mg (7.19%), Vitamin K: 5.64µg (5.38%)