



Atwood's Peppered Micro-wave Jerky

 **Gluten Free**  **Dairy Free**

READY IN



255 min.

SERVINGS



9

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pounds beef round steak cut into 6x1/2 inch strips
- 2 teaspoons cayenne pepper
- 6 tablespoons little demerara sugar
- 2 tablespoons chile pepper dried crushed
- 1 tablespoon ground juniper berries finely
- 2 tablespoons garlic pepper seasoning
- 1 tablespoon onion powder
- 1 teaspoon curing salt (Prague powder #1)

3 tablespoons salt

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- microwave

Directions

- In a medium bowl, mix together the Demerara sugar, salt, curing salt, chile pepper, cayenne pepper, and juniper berries. Divide the mixture into 3 equal parts, and place each into its own bowl.
- Mix 2 pounds of meat strips into the mixture of each bowl until evenly coated with the spice mixture.
- Place all of the meat lengthwise into a large glass or plastic bowl, cover with plastic wrap, and refrigerate for 3 days.
- Preheat the oven to 150 degrees F (65 degrees C). On a large plate, arrange 6 or 8 strips of meat at a time, and place in a microwave oven. Cook for 3 minutes on HIGH.
- Remove meat strips to a baking sheet, and keep in the warm oven for 3 to 4 hours, or until dry. Do not over dry, jerky should be chewy, not crispy.

Nutrition Facts


PROTEIN 59.9% **FAT 29.25%** **CARBS 10.85%**

Properties

Glycemic Index:7.11, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:35.291739209839%

Nutrients (% of daily need)

Calories: 478.2kcal (23.91%), Fat: 15.04g (23.14%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.03g (4.01%), Sugar: 9.39g (10.43%), Cholesterol: 190.51mg (63.5%), Sodium: 2760.43mg (120.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.3g (138.6%), Selenium: 86.82µg (124.03%),

Vitamin B3: 21.21mg (106.05%), Vitamin B6: 2.06mg (103.05%), Vitamin B12: 5.72µg (95.25%), Zinc: 13.07mg (87.16%), Phosphorus: 682.53mg (68.25%), Iron: 6.86mg (38.09%), Potassium: 1163.06mg (33.23%), Vitamin B2: 0.54mg (31.74%), Vitamin A: 1062.61IU (21.25%), Vitamin B5: 2.1mg (20.97%), Magnesium: 82.55mg (20.64%), Vitamin B1: 0.3mg (19.76%), Copper: 0.34mg (16.98%), Manganese: 0.27mg (13.43%), Folate: 42.18µg (10.55%), Vitamin K: 9.76µg (9.29%), Vitamin E: 1.16mg (7.73%), Calcium: 74.07mg (7.41%), Fiber: 1.52g (6.08%), Vitamin D: 0.3µg (2.02%), Vitamin C: 1.55mg (1.88%)