

Beef Jerky

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

READY IN



1220 min.

SERVINGS



10

CALORIES



126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black freshly ground
- 1.5 pounds flank steak
- 1 tablespoon honey
- 1 teaspoon liquid smoke
- 2 teaspoons onion powder
- 1 teaspoon pepper flakes red
- 0.7 cup soya sauce
- 0.7 cup worcestershire sauce

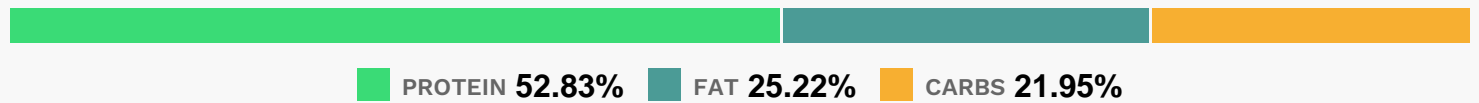
Equipment

- dehydrator

Directions

- Watch how to make this recipe.
- Special equipment: 1 box fan, 4 paper air-conditioning filters, and 2 bungee cords
- Trim the flank steak of any excess fat, place in a zip-top bag, and place it in the freezer for 1 to 2 hours in order to firm up.
- Remove the steak from the freezer and thinly slice the meat with the grain, into long strips.
- Place the strips of meat along with all of the remaining ingredients into a large, 1-gallon plastic zip-top bag and move around to evenly distribute all of the ingredients.
- Place the bag into the refrigerator for 3 to 6 hours.
- Remove the meat from the brine and pat dry. Evenly distribute the strips of meat onto 3 of the air filters, laying them in the grooves and then stacking the filters on top of one another. Top these with 1 empty filter. Next, lay the box fan on its side and lay the filters on top of it. Strap the filters to the fan with 2 bungee cords. Stand the fan upright, plug in and set to medium. Allow the meat dry for 8 to 12 hours. If using a commercial dehydrator, follow the manufacturer's directions.
- Once dry, store in a cool dry place, in an airtight container for 2 to 3 months.

Nutrition Facts



Properties

Glycemic Index:9.93, Glycemic Load:1.06, Inflammation Score:-2, Nutrition Score:8.8091305235158%

Nutrients (% of daily need)

Calories: 125.93kcal (6.3%), Fat: 3.46g (5.33%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.42g (2.34%), Sugar: 3.86g (4.29%), Cholesterol: 40.82mg (13.61%), Sodium: 1143.21mg (49.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.65%), Selenium: 20.42µg (29.17%), Vitamin B3: 5.01mg (25.04%), Vitamin B6: 0.45mg (22.56%), Zinc: 2.74mg (18.28%), Phosphorus: 171.15mg (17.11%), Iron: 2.49mg (13.81%), Potassium: 425.72mg (12.16%), Vitamin B12: 0.62µg (10.32%), Vitamin B2: 0.13mg (7.61%), Manganese:

0.15mg (7.3%), Magnesium: 25.01mg (6.25%), Copper: 0.12mg (5.88%), Vitamin B5: 0.5mg (4.99%), Vitamin B1: 0.07mg (4.91%), Calcium: 41.09mg (4.11%), Folate: 13.52µg (3.38%), Vitamin C: 2.49mg (3.02%), Vitamin E: 0.29mg (1.96%), Vitamin K: 1.88µg (1.79%), Vitamin A: 75.97IU (1.52%), Fiber: 0.36g (1.44%)