



Beef Jerky in a Smoker



Gluten Free



Dairy Free

READY IN



910 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 4 tablespoons ground pepper black
- ☐ 1 dash pepper sauce hot
- ☐ 2 pounds sirloin cut into 1/ slices
- ☐ 1 cup soya sauce
- ☐ 1 dash worcestershire sauce

Equipment

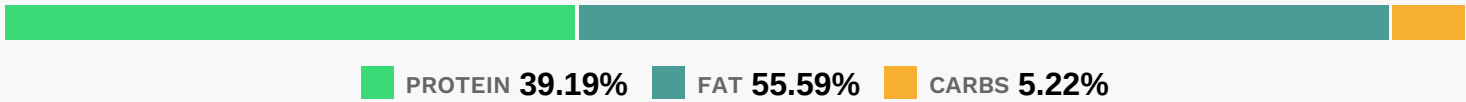
- ☐ bowl

☐ grill

Directions

- ☐ In a large, nonporous bowl, combine the ground black pepper, soy sauce, vinegar, hot pepper sauce and Worcestershire sauce.
- ☐ Mix well and add the meat slices. Cover and refrigerate overnight.
- ☐ Prepare an outdoor smoker for low heat and lightly oil grate.
- ☐ Lay meat strips out on grill so that they do not overlap. Smoke over low heat. Jerky will be done when the edges appear dry with just a slight hint of moisture in the center of the slices, about 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:17.491304377175%

Nutrients (% of daily need)

Calories: 369.55kcal (18.48%), Fat: 22.58g (34.73%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.71g (0.79%), Cholesterol: 84.67mg (28.22%), Sodium: 2245.1mg (97.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.62%), Vitamin B12: 4.2µg (70.05%), Manganese: 0.73mg (36.45%), Selenium: 25.46µg (36.37%), Vitamin B3: 7.06mg (35.32%), Zinc: 5.17mg (34.5%), Vitamin B6: 0.66mg (33.18%), Phosphorus: 319.97mg (32%), Iron: 4.36mg (24.23%), Vitamin B2: 0.34mg (19.9%), Potassium: 605.52mg (17.3%), Magnesium: 52.69mg (13.17%), Vitamin B1: 0.18mg (11.9%), Copper: 0.23mg (11.27%), Vitamin B5: 0.67mg (6.7%), Vitamin K: 6.55µg (6.24%), Fiber: 1.32g (5.29%), Folate: 16.73µg (4.18%), Calcium: 34.88mg (3.49%)