



Beef or Moose Jerky



Gluten Free



Dairy Free



Low Fod Map

READY IN



780 min.

SERVINGS



8

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups brown sugar packed
- 4 fluid ounces hickory-flavored liquid smoke
- 3 pounds top round beef roast
- 3 cups soya sauce

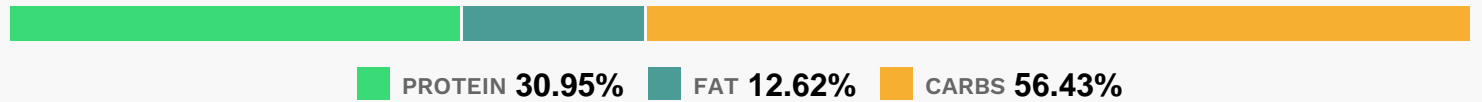
Equipment

- bowl
- dehydrator

Directions

- Slice roast into slabs approximately 1/4 inch thick, (Note: you can have this done at the grocery store or butcher). Trim off all of the fat from the edges.
- Cut the slabs into pencil-like strips (about 1/4 inch wide), and about 4 inches long.
- In a large bowl, combine the soy sauce, brown sugar and hickory-flavored liquid smoke; blend well.
- Place all of the meat into the bowl of marinade. Cover and place in refrigerator for at least 30 minutes.
- Place the meat in a food dehydrator for about 12 to 20 hours, depending how dry you like your jerky. Rotate the trays after 6 hours. For example: Bottom tray on top, top tray on bottom, second tray from bottom to be second tray from top, and so on.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:24.436087204062%

Nutrients (% of daily need)

Calories: 603.84kcal (30.19%), Fat: 8.52g (13.11%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 85.78g (28.59%), Net Carbohydrates: 85.08g (30.94%), Sugar: 81.5g (90.56%), Cholesterol: 105.46mg (35.15%), Sodium: 5011mg (217.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.04g (94.08%), Vitamin B3: 15.02mg (75.11%), Selenium: 48.8µg (69.72%), Vitamin B6: 1.32mg (65.93%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.47mg (49.83%), Phosphorus: 482.11mg (48.21%), Iron: 6.16mg (34.22%), Manganese: 0.51mg (25.54%), Potassium: 874.2mg (24.98%), Vitamin B2: 0.4mg (23.79%), Magnesium: 83.05mg (20.76%), Copper: 0.32mg (16.15%), Vitamin B1: 0.21mg (13.97%), Calcium: 118.19mg (11.82%), Vitamin B5: 1.18mg (11.78%), Folate: 38.6µg (9.65%), Vitamin E: 0.51mg (3.4%), Fiber: 0.7g (2.78%), Vitamin K: 2.04µg (1.94%)