

## Dad's Jerky Marinade

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

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**140 kcal**

SEASONING

MARINADE

### Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup brown sugar
- 1 teaspoon garlic powder
- 0.5 teaspoon liquid smoke
- 1 teaspoon onion powder
- 1 teaspoon hot sauce hot
- 0.5 cup soya sauce
- 0.3 cup worcestershire sauce

## Equipment

- bowl
- ziploc bags
- dehydrator

## Directions

- Stir together soy sauce, Worcestershire sauce, liquid smoke, and hot pepper sauce in a bowl. Season with garlic powder, onion powder, pepper, and sugar; stir until mixed.
- To use, toss one pound of thinly sliced meat with the marinade until well coated.
- Place into a resealable plastic bag, and squeeze out the air. Marinate in the refrigerator for 48 hours, mixing twice.
- Remove meat from marinade, and discard excess marinade. Prepare jerky according to the manufacturer's directions of your smoker or dehydrator.

## Nutrition Facts

**PROTEIN 9.03%** **FAT 0.32%** **CARBS 90.65%**

## Properties

Glycemic Index:13, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:3.4004348049993%

## Nutrients (% of daily need)

Calories: 140.06kcal (7%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 32.57g (11.84%), Sugar: 28.95g (32.17%), Cholesterol: 0mg (0%), Sodium: 1879.76mg (81.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Iron: 1.89mg (10.49%), Manganese: 0.21mg (10.43%), Potassium: 254.19mg (7.26%), Vitamin B3: 1.31mg (6.55%), Phosphorus: 54.33mg (5.43%), Calcium: 50.72mg (5.07%), Copper: 0.1mg (4.85%), Magnesium: 17.93mg (4.48%), Vitamin B6: 0.09mg (4.38%), Vitamin B2: 0.07mg (4.07%), Vitamin C: 3.11mg (3.77%), Vitamin B1: 0.04mg (2.35%), Folate: 7.64µg (1.91%), Fiber: 0.44g (1.77%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.21mg (1.42%), Selenium: 0.91µg (1.3%)