

Deer Jerky



Gluten Free



Dairy Free



Popular

READY IN



990 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 1 tablespoon catsup
- ☐ 2 tablespoons liquid smoke flavoring
- ☐ 0.3 teaspoon onion salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons soya sauce
- ☐ 1 pound venison roast boneless

☐ 4 tablespoons worcestershire sauce

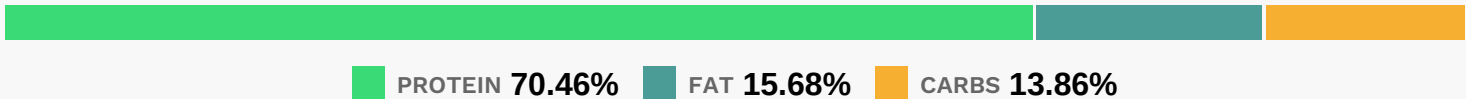
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Slice meat into long strips, 1 inch wide and 1/8 inch thick. In a large releasable plastic bag, combine soy sauce, Worcestershire sauce, liquid smoke, ketchup, pepper, garlic powder, onion salt and salt.
- ☐ Place meat in, and close bag. Refrigerate overnight. Knead occasionally, to evenly distribute marinade.
- ☐ Preheat oven to 160 degrees F (70 degrees C).
- ☐ Place a pan on the bottom of oven to catch drips, or line with aluminum foil.
- ☐ Place meat strips on a rack so that they do not touch each other, and dehydrate for 6 to 8 hours in the oven, or until desired consistency is achieved.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:8.4595652585444%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 82.34kcal (4.12%), Fat: 1.39g (2.13%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.41g (1.56%), Cholesterol: 48.19mg (16.06%), Sodium: 885.57mg (38.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.01%), Vitamin B12: 3.58µg (59.63%), Vitamin B3: 4.06mg (20.28%), Vitamin B2: 0.3mg (17.66%), Iron: 2.61mg (14.51%), Phosphorus: 132.31mg (13.23%), Vitamin B6:

0.23mg (11.62%), Vitamin B1: 0.14mg (9.11%), Copper: 0.18mg (8.78%), Zinc: 1.25mg (8.31%), Selenium: 5.65µg (8.08%), Potassium: 274.65mg (7.85%), Magnesium: 18.17mg (4.54%), Manganese: 0.08mg (3.97%), Calcium: 14.5mg (1.45%), Vitamin C: 1.18mg (1.43%), Folate: 4.79µg (1.2%)