

food
network

 100%
HEALTH SCORE

Elk or Venison Jerky



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



1045 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons garlic powder
- ☐ 0.5 cup juice of lime
- ☐ 0.3 cup chili flakes red crushed
- ☐ 1 cup soya sauce
- ☐ 5 pounds venison
- ☐ 0.5 cup vinegar

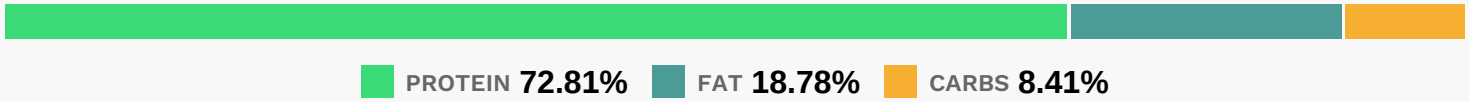
Equipment

- ☐ bowl

Directions

- ☐ Slice meat against the grain approximately 3/16 to 1/4-inch thick. It works best if you slice the meat when it is partially frozen.
- ☐ In a bowl mix together soy sauce, lime juice, vinegar, red chili flakes, and garlic powder.
- ☐ Add the meat to the cure and marinate for at least 24 hours, refrigerated.
- ☐ Rack the meat in a hot smoker and smoke at a low temperature, approximately 100 degrees F, for 1 to 2 days until almost crispy. Don't over dry or the jerky will be too crunchy. Store, well wrapped, in non-frost free freezer for up to 1 year.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:64.036956704181%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 1044.57kcal (52.23%), Fat: 21.25g (32.7%), Saturated Fat: 7.69g (48.08%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 13.28g (4.83%), Sugar: 3.56g (3.96%), Cholesterol: 642.59mg (214.2%), Sodium: 5033.59mg (218.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 185.41g (370.82%), Vitamin B12: 47.7µg (795.05%), Vitamin B3: 53.6mg (267.99%), Vitamin B2: 3.95mg (232.07%), Iron: 31.31mg (173.92%), Vitamin B6: 3.47mg (173.41%), Phosphorus: 1716.2mg (171.62%), Vitamin B1: 1.79mg (119.42%), Vitamin A: 5865.86IU (117.32%), Zinc: 17.18mg (114.51%), Selenium: 79.5µg (113.57%), Copper: 2.26mg (112.8%), Potassium: 3064.11mg (87.55%), Vitamin E: 9.16mg (61.04%), Magnesium: 241.95mg (60.49%), Manganese: 1.11mg (55.69%), Fiber: 8.12g (32.48%), Vitamin K: 29.42µg (28.02%), Vitamin C: 12.3mg (14.91%), Folate: 56.22µg (14.05%), Calcium: 130.74mg (13.07%), Vitamin B5: 0.56mg (5.55%)