



Ground Beef Jerky

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

READY IN



345 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- 1 pinch cayenne pepper to taste
- 1 teaspoon chili powder
- 1 pound extra ground beef lean
- 1 teaspoon garlic powder
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground pepper black
- 1 teaspoon onion powder
- 2 teaspoons canning salt

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- meat grinder

Directions

- Stir salt, chili powder, garlic powder, onion powder, ginger, black pepper, and cayenne pepper together in a large bowl; add ground beef and mix well.
- Pass beef mixture through a meat grinder set with the finest blade.
- Preheat oven to 250 degrees F (120 degrees C).
- Place wire-racks onto baking sheets.
- Place 1/2 ground beef mixture between two sheets of heavy plastic on a solid, level surface. Firmly roll beef mixture to a thickness of 1/8 inch.
- Remove the top layer of plastic wrap, invert beef mixture onto prepared baking sheet, and remove the bottom layer of plastic wrap. Repeat for remaining beef mixture.
- Bake beef mixture in the preheated oven with the oven door slightly ajar for 2 1/2 hours. Rotate the baking sheet.
- Bake until jerky is cooked through, another 3 hours.
- Remove jerky from oven and cut into strips while warm.

Nutrition Facts

 PROTEIN **63.12%**  FAT **33.35%**  CARBS **3.53%**

Properties

Glycemic Index:8.63, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:5.842608668234%

Nutrients (% of daily need)

Calories: 80.88kcal (4.04%), Fat: 2.88g (4.44%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.05g (0.05%), Cholesterol: 35.15mg (11.72%), Sodium: 623.33mg (27.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.55%), Vitamin B12: 1.27µg (21.17%), Zinc: 2.92mg (19.49%), Vitamin B3: 3.16mg (15.78%), Selenium: 10.08µg (14.4%), Vitamin B6: 0.24mg (11.82%), Phosphorus: 115.61mg (11.56%), Iron: 1.45mg (8.04%), Potassium: 210.02mg (6%), Vitamin B2: 0.09mg (5.57%), Vitamin B5: 0.37mg (3.72%), Magnesium: 13.69mg (3.42%), Copper: 0.05mg (2.56%), Manganese: 0.05mg (2.37%), Vitamin B1: 0.03mg (1.79%), Vitamin E: 0.26mg (1.74%), Vitamin A: 79.69IU (1.59%)