



Homemade Beef Jerky

 Gluten Free  Dairy Free

READY IN



900 min.

SERVINGS



15

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons pepper black
- 2 teaspoons ground pepper hot
- 2 teaspoons chili powder
- 4 lbs top round
- 2 teaspoons garlic powder
- 0.5 cup sauce of the chicken from the turbo broiler red
- 1 teaspoon liquid smoke
- 0.3 cup soy sauce low sodium

- 2 teaspoons onion powder
- 0.5 cup worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Trim all fat off meat.
- Cut steak in to 4 inch strips.The steak should be about 1/2 inch thick.It's easier to cut meat partially frozen.Pound meat lightly, you don't want it too thin.
- Add all ingredients in a large bowl.
- Mix well.Cover and refrigerate overnight (8 hrs).Line cookie sheets with tin foil.
- Place steak strips on sheets, don't overlap meat.Set oven at lowest temperature. (150-175°F).
- Bake six hours, turning after three hours.Jerky is done when meat is dried out, depending on your oven.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:14.780869686085%

Nutrients (% of daily need)

Calories: 170.02kcal (8.5%), Fat: 4.19g (6.44%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.01g (1.13%), Cholesterol: 73.78mg (24.59%), Sodium: 600.54mg (26.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.55g (57.1%), Selenium: 38.88µg (55.54%), Vitamin B6: 0.85mg (42.48%), Vitamin B3: 8.49mg (42.47%), Zinc: 5.62mg (37.49%), Phosphorus: 288.02mg (28.8%), Vitamin B12: 1.63µg (27.22%), Iron: 3.05mg (16.96%), Potassium: 560.98mg (16.03%), Vitamin B2: 0.21mg (12.13%), Magnesium: 36.23mg (9.06%), Vitamin B1: 0.13mg (8.52%), Vitamin B5: 0.85mg (8.46%), Copper: 0.16mg (8.04%),

Folate: 20.3 μ g (5.07%), Manganese: 0.09mg (4.31%), Calcium: 41.49mg (4.15%), Vitamin A: 198.73IU (3.97%),
Vitamin E: 0.56mg (3.75%), Vitamin K: 2.49 μ g (2.37%), Vitamin C: 1.46mg (1.78%), Fiber: 0.34g (1.36%)