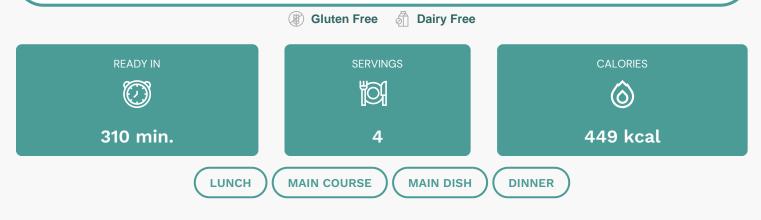




Jerky Lover's Jerky - Sweet, Hot and Spicy!



Ingredients

0.3 cup balsamic vinegar
1 pound sirloin beef tips lean sliced into 1/8 inch strips
0.5 cup brown sugar
0.5 cup brown sugar
1 tablespoon garlic powder
5 tablespoons liquid smoke
1 tablespoon onion powder
2 teaspoons pepper black to taste

	0.5 cup pineapple juice	
	0.7 cup soya sauce	
	0.3 cup teriyaki sauce	
	0.3 cup worcestershire sauce	
Equipment		
	bowl	
	sauce pan	
	dehydrator	
Directions		
	In a small bowl or cup, mix together the onion powder, garlic powder, and some cracked black pepper. Season the meat lightly, using only part of the mixture. Reserve the remaining spices.	
	Place into an airtight plastic container or bowl, and refrigerate.	
	In a saucepan over medium heat, mix together the brown sugar, soy sauce, teriyaki sauce, Worcestershire sauce, balsamic vinegar, liquid smoke flavoring and pineapple juice.	
	Heat until the brown sugar has completely dissolved. Refrigerate marinade until cool.	
	Pour cooled marinade over the seasoned meat, and mix by hand to coat. Seal the bowl, and refrigerate for at least 3 hours.	
	Arrange the beef strips on the rack of a dehydrator, and sprinkle with a little bit more of the spice mixture and red pepper flakes if using. Dry for 5 hours, or to your desired dryness.	
	Nutrition Facts	
	PROTEIN 26.97% FAT 7.9% CARBS 65.13%	
	PROTEIN 20.97% FAT 7.9% CARBS 03.13%	
Properties		

Glycemic Index:37, Glycemic Load:3.99, Inflammation Score:-4, Nutrition Score:18.326521755561%

Nutrients (% of daily need)

Calories: 449.23kcal (22.46%), Fat: 3.94g (6.06%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 73.11g (24.37%), Net Carbohydrates: 72.03g (26.19%), Sugar: 64.56g (71.73%), Cholesterol: 62.37mg (20.79%), Sodium: 3203.71mg

(139.29%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 30.27g (60.54%), Selenium: 34.72μg (49.6%), Vitamin B3: 9.24mg (46.2%), Vitamin B6: 0.91mg (45.4%), Phosphorus: 342.59mg (34.26%), Zinc: 5.11mg (34.06%), Manganese: 0.59mg (29.46%), Iron: 5.07mg (28.16%), Potassium: 831.81mg (23.77%), Vitamin B12: 1.42μg (23.62%), Magnesium: 71.03mg (17.76%), Vitamin B2: 0.26mg (15.3%), Copper: 0.3mg (15.03%), Calcium: 121.26mg (12.13%), Vitamin B1: 0.17mg (11.66%), Vitamin B5: 1.02mg (10.24%), Folate: 31.47μg (7.87%), Vitamin C: 5.62mg (6.81%), Fiber: 1.09g (4.34%), Vitamin K: 3.22μg (3.07%), Vitamin E: 0.35mg (2.36%)