



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

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

READY IN



**310 min.**

SERVINGS



**4**

CALORIES



**449 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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%**

## 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: 0g (100%), Alcohol %: 0% (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%)