



McKagen's Beef Jerky

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



118 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinaigrette
- 1 teaspoon garlic powder
- 1 teaspoon ground pepper black
- 3 drops hot sauce to taste insanity sauce[®] (such as Dave's)
- 2 teaspoons liquid smoke flavoring
- 1 teaspoon onion powder
- 0.5 teaspoon salt
- 0.3 cup teriyaki sauce

- 1 pound top round steak cut into 1/4 inch strips
- 0.3 cup worcestershire sauce

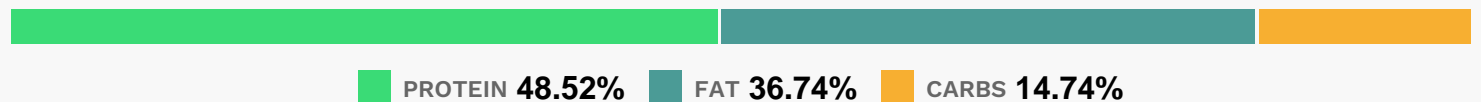
Equipment

- baking sheet
- oven
- wire rack
- aluminum foil
- ziploc bags

Directions

- Combine the teriyaki sauce, Worcestershire sauce, balsamic vinaigrette, garlic powder, onion powder, liquid smoke, salt, and hot sauce in a resealable plastic bag.
- Add the meat strips and coat evenly with the marinade. Seal and refrigerate 24 hours.
- Preheat an oven to 175 degrees F (80 degrees C). Line a baking sheet with aluminum foil and place a wire rack on top.
- Remove the beef strips from the marinade and shake off excess marinade. Discard the remaining marinade.
- Place the meat strips onto the wire rack and sprinkle with black pepper.
- Bake in the preheated oven until firm and dry, at least 3 hours. Allow the jerky to cool completely before storing in a sealed container.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:7.3000000248785%

Nutrients (% of daily need)

Calories: 117.57kcal (5.88%), Fat: 4.63g (7.13%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.41g (2.67%), Cholesterol: 34.59mg (11.53%), Sodium: 717.57mg (31.2%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.53%), Selenium: 18.37µg (26.24%), Vitamin B3: 4.08mg (20.41%), Vitamin B6: 0.4mg (20.17%), Zinc: 2.64mg (17.61%), Phosphorus: 148.82mg (14.88%), Vitamin B12: 0.77µg (12.76%), Iron: 1.78mg (9.91%), Potassium: 311.32mg (8.89%), Vitamin B2: 0.1mg (6.02%), Magnesium: 21.8mg (5.45%), Copper: 0.09mg (4.69%), Vitamin B1: 0.07mg (4.38%), Vitamin B5: 0.41mg (4.12%), Calcium: 27.14mg (2.71%), Folate: 9.75µg (2.44%), Manganese: 0.05mg (2.37%), Vitamin C: 1.46mg (1.77%), Vitamin E: 0.18mg (1.18%), Vitamin K: 1.2µg (1.14%)