



Mesquite Smoked Jerky



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef eye of round sliced into 1/4 inch strips
- ☐ 0.5 cup brown sugar packed
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon ground paprika
- ☐ 2 tablespoons mesquite liquid smoke concentrate flavored
- ☐ 0.3 teaspoon salt
- ☐ 1 cup soya sauce

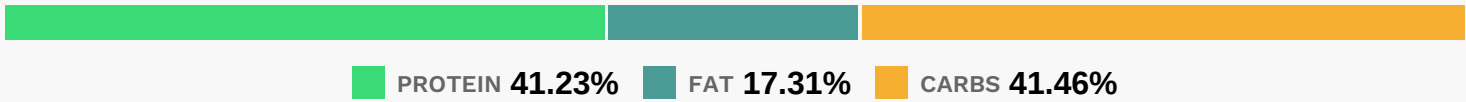
Equipment

- ☐ glass baking pan
- ☐ dehydrator

Directions

- ☐ In a shallow glass baking dish, stir together the soy sauce, brown sugar, liquid smoke, paprika, garlic, and salt.
- ☐ Lay the meat strips in the liquid in a single layer. Cover the dish, and refrigerate for at least 6 hours.
- ☐ Arrange strips of beef in a dehydrator, and let dry for 6 hours, or to desired dryness.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:8.9317391048307%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 153.17kcal (7.66%), Fat: 2.96g (4.55%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.39g (5.6%), Sugar: 13.93g (15.48%), Cholesterol: 35.15mg (11.72%), Sodium: 1737.32mg (75.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Vitamin B3: 5.09mg (25.44%), Vitamin B6: 0.47mg (23.33%), Selenium: 16.32µg (23.31%), Vitamin B12: 1.05µg (17.48%), Zinc: 2.54mg (16.92%), Phosphorus: 164.62mg (16.46%), Iron: 2.16mg (12%), Manganese: 0.19mg (9.72%), Vitamin B2: 0.15mg (8.64%), Vitamin A: 431.07IU (8.62%), Potassium: 297.59mg (8.5%), Magnesium: 28.29mg (7.07%), Copper: 0.11mg (5.54%), Vitamin B1: 0.08mg (5%), Vitamin B5: 0.4mg (4.03%), Folate: 13.19µg (3.3%), Calcium: 32.07mg (3.21%), Vitamin E: 0.43mg (2.84%), Fiber: 0.56g (2.24%), Vitamin K: 1.4µg (1.34%)