



## Mike's Peppered Beef Jerky

 Gluten Free  Dairy Free

READY IN



625 min.

SERVINGS



24

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 pounds very beef lean fat trimmed
- 1.5 tablespoons brown sugar
- 0.3 teaspoon cayenne pepper
- 1 tablespoon garlic powder
- 1 tablespoon ground pepper black
- 1 teaspoon liquid smoke to taste
- 1 tablespoon onion powder
- 0.8 cup soya sauce

- 0.8 cup worcestershire sauce

## Equipment

- bowl
- oven
- kitchen thermometer
- meat tenderizer
- dehydrator

## Directions

- Place beef strips on a solid, level surface. Firmly pound beef with the tenderizing side of a meat mallet until the meat fibers are slightly broken but the strips still hold their shape.
- Mix Worcestershire sauce, soy sauce, brown sugar, onion powder, garlic powder, black pepper, liquid smoke, cayenne pepper, and coriander seeds in a large bowl until brown sugar has dissolved.
- Place beef strips into the bowl; add enough water to allow marinade to cover the meat. Stir to incorporate water and submerge the beef in marinade, cover the bowl, and refrigerate for 24 hours.
- Preheat oven to 300 degrees F (150 degrees C).
- Remove beef strips from marinade, shake off excess, and lay the strips onto oven-proof racks. Do not overlap the strips.
- Bake the beef strips in the preheated oven until an instant-read thermometer inserted into the thickest strip reads at least 150 degrees F (65 degrees C).
- Remove strips from oven and place onto racks of a food dehydrator so the strips don't overlap.
- If desired, sprinkle strips with more coriander seeds and black pepper.
- Turn on the dehydrator, set machine's temperature for 155 degrees F (70 degrees C), and dry the jerky until leathery, about 9 hours. Rotate the racks from top to bottom every 1 1/2 hours for even drying. A piece of jerky should crack but not break in half when folded. Store in refrigerator.

## Nutrition Facts



■ PROTEIN 58.72% ■ FAT 29.46% ■ CARBS 11.82%

## Properties

Glycemic Index:3.5, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:8.379999820305%

## Nutrients (% of daily need)

Calories: 120.18kcal (6.01%), Fat: 3.8g (5.85%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.23g (1.18%), Sugar: 1.74g (1.93%), Cholesterol: 46.87mg (15.62%), Sodium: 567.74mg (24.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.13%), Vitamin B12: 1.69µg (28.22%), Zinc: 3.92mg (26.14%), Vitamin B3: 4.51mg (22.55%), Selenium: 13.4µg (19.14%), Phosphorus: 167.07mg (16.71%), Vitamin B6: 0.32mg (16%), Iron: 2.49mg (13.83%), Potassium: 357.28mg (10.21%), Vitamin B2: 0.15mg (8.54%), Magnesium: 21.76mg (5.44%), Vitamin B5: 0.52mg (5.22%), Copper: 0.09mg (4.62%), Manganese: 0.08mg (4.18%), Vitamin B1: 0.04mg (2.96%), Calcium: 20.59mg (2.06%), Folate: 6.19µg (1.55%), Vitamin E: 0.23mg (1.54%), Vitamin C: 1.21mg (1.46%)