

## Sara's Beef Jerky

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

READY IN



**500 min.**

SERVINGS



**4**

CALORIES



**25 kcal**

SIDE DISH

### Ingredients

- 0.3 teaspoon garlic powder
- 4 servings pepper black to taste
- 1 teaspoon liquid smoke
- 1 teaspoon onion powder
- 1 teaspoon salt
- 0.3 cup soya sauce
- 0.3 cup worcestershire sauce

### Equipment

bowl

oven

## Directions

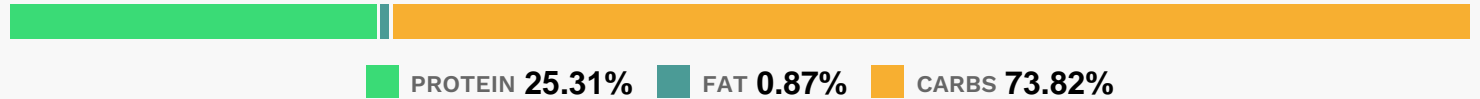
Preheat oven to 200 degrees F (95 degrees C).

In a medium, nonporous bowl, combine the salt, liquid smoke, garlic powder, monosodium glutamate, onion powder, soy sauce, Worcestershire sauce and ground black pepper to taste.

Place meat slices in this mixture and coat well. Then place the meat slices onto two 10x15 inch baking dishes in a single layer.

Bake at 200 degrees F (95 degrees C) for 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.9639130672035%

## Nutrients (% of daily need)

Calories: 24.72kcal (1.24%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.51g (1.64%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 1618.09mg (70.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Iron: 1.3mg (7.25%), Potassium: 177.6mg (5.07%), Manganese: 0.1mg (4.78%), Vitamin B3: 0.7mg (3.49%), Phosphorus: 31.97mg (3.2%), Copper: 0.06mg (3%), Vitamin C: 2.35mg (2.85%), Vitamin B2: 0.05mg (2.67%), Calcium: 24.21mg (2.42%), Magnesium: 8.98mg (2.24%), Vitamin B6: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.6%), Folate: 4.44µg (1.11%)