



Sliced Beef Jerky



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon liquid smoke
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon pepper
- ☐ 3 pound sirloin roast
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup worcestershire sauce

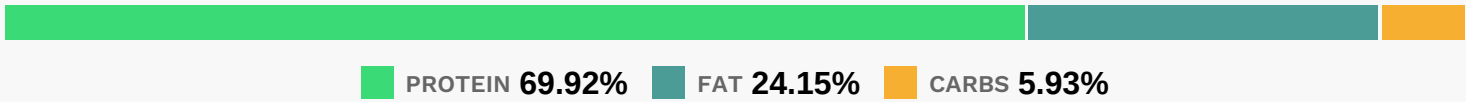
Equipment

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Cut roast into 6- x 1/2- x 1/4- inch strips across the grain.
- ☐ Combine remaining ingredients, and pour over beef strips; toss to coat evenly. Chill 1 hour.
- ☐ Cover bottom wire rack in oven with aluminum foil. Hang beef strips on top wire rack 1 inch apart.
- ☐ Bake at 175 (with door ajar) 4 hours or until jerky is bendable but not brittle.
- ☐ Note: Partially freeze meat for easier slicing. Store jerky in an airtight container.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:39.892173881116%

Nutrients (% of daily need)

Calories: 594.93kcal (29.75%), Fat: 15.24g (23.45%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.98g (2.9%), Sugar: 3.45g (3.84%), Cholesterol: 249.48mg (83.16%), Sodium: 1743.27mg (75.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.28g (198.56%), Selenium: 131.29µg (187.56%), Vitamin B3: 29.84mg (149.18%), Vitamin B6: 2.91mg (145.48%), Zinc: 18.94mg (126.24%), Phosphorus: 971.07mg (97.11%), Vitamin B12: 5.67µg (94.5%), Iron: 10.27mg (57.05%), Potassium: 1836.96mg (52.48%), Vitamin B2: 0.69mg (40.5%), Magnesium: 118.13mg (29.53%), Vitamin B5: 2.94mg (29.38%), Vitamin B1: 0.44mg (29.31%), Copper: 0.54mg (27.04%), Folate: 61.31µg (15.33%), Calcium: 132.11mg (13.21%), Manganese: 0.22mg (10.82%), Vitamin E: 1.26mg (8.41%), Vitamin K: 5.87µg (5.59%), Vitamin C: 4.14mg (5.02%), Fiber: 0.43g (1.72%)