

Sweet and Spicy Venison Jerky

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon garlic salt
- ☐ 1 tablespoon ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons liquid smoke flavoring
- ☐ 1 tablespoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon pepper sauce hot

- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup teriyaki sauce
- ☐ 1 pound venison thick cut into 1/4 strips
- ☐ 0.5 cup worcestershire sauce

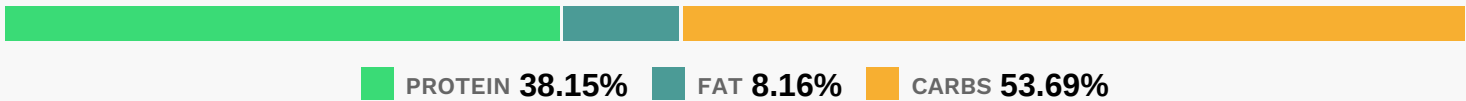
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ dehydrator

Directions

- ☐ Whisk together the sugar, black pepper, onion powder, garlic salt, lemon juice, liquid smoke, paprika, hot pepper sauce, Worcestershire sauce, teriyaki sauce, and soy sauce in a large glass or ceramic bowl.
- ☐ Add the venison strips and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 24 hours.
- ☐ Mix the venison a few times as it marinates to ensure even absorption of the marinade.
- ☐ Remove the venison strips from the marinade and squeeze off excess. Discard the remaining marinade. Arrange the venison on the racks of a food dehydrator so that it does not overlap.
- ☐ Dry the venison on High until dry but still pliable, about 4 hours. The jerky should bend without breaking. Store the jerky in an airtight container or in a resealable plastic bag.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:10.539565200391%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.38kcal (8.07%), Fat: 1.46g (2.24%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 21.07g (7.66%), Sugar: 17.9g (19.89%), Cholesterol: 48.19mg (16.06%), Sodium: 2384.32mg (103.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.66%), Vitamin B12: 3.58µg (59.63%), Vitamin B3: 4.4mg (21.99%), Iron: 3.64mg (20.24%), Vitamin B2: 0.33mg (19.27%), Phosphorus: 170.67mg (17.07%), Vitamin B6: 0.27mg (13.41%), Potassium: 424.2mg (12.12%), Copper: 0.23mg (11.67%), Vitamin B1: 0.15mg (10.28%), Manganese: 0.19mg (9.7%), Zinc: 1.34mg (8.94%), Selenium: 6.21µg (8.87%), Magnesium: 34.24mg (8.56%), Calcium: 47.02mg (4.7%), Vitamin C: 3.54mg (4.29%), Vitamin A: 141.74IU (2.83%), Vitamin K: 2.27µg (2.16%), Fiber: 0.51g (2.05%), Folate: 8.18µg (2.04%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.17%)