

Sweet and Spicy Venison Jerky

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

READY IN



255 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 1 teaspoon hot 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

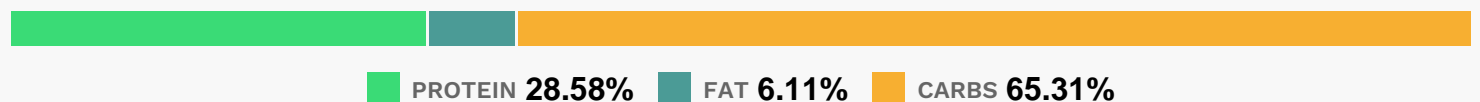
Equipment

- 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:10.719565329344%

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: 213.63kcal (10.68%), Fat: 1.46g (2.24%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 34.56g (12.57%), Sugar: 31.24g (34.71%), Cholesterol: 48.19mg (16.06%), Sodium: 2388.17mg (103.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.7%), Vitamin B12: 3.58µg (59.63%), Vitamin B3: 4.41mg (22.06%), Iron: 3.74mg (20.78%), Vitamin B2: 0.33mg (19.27%), Phosphorus: 171.22mg (17.12%), Vitamin B6: 0.27mg (13.69%), Potassium: 442.49mg (12.64%), Copper: 0.24mg (11.99%), Vitamin B1: 0.15mg (10.28%), Manganese: 0.2mg (10.14%), Selenium: 6.37µg (9.1%), Zinc: 1.34mg (8.96%), Magnesium: 35.47mg (8.87%), Calcium: 58.43mg (5.84%), Vitamin C: 3.54mg (4.29%), Vitamin A: 141.74IU (2.83%), Vitamin K: 2.27µg (2.16%), Folate: 8.31µg (2.08%), Fiber: 0.51g (2.05%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.35%)