



Teriyaki Beef Jerky

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

READY IN



735 min.

SERVINGS



12

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef round cut into 1/ strips
- 1 cup brown sugar
- 2 cloves garlic
- 0.3 pound pineapple fresh peeled
- 1 cup soya sauce
- 2 cups teriyaki sauce
- 1 dash worcestershire sauce

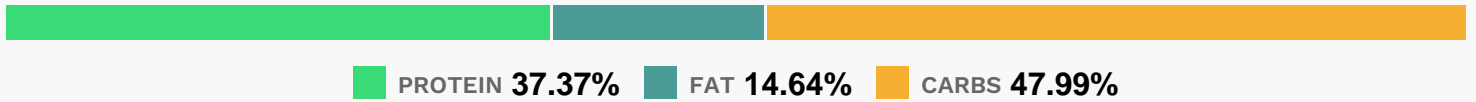
Equipment

- food processor
- bowl
- blender
- ziploc bags

Directions

- Mix teriyaki sauce, soy sauce, brown sugar, and Worcestershire sauce in a large bowl.
- Place pineapple and garlic in a food processor or blender; process until smooth.
- Pour pineapple mixture and teriyaki mixture into a resealable plastic bag.
- Add beef, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 6 to 8 hours.
- Preheat smoker to 225 to 250 degrees F (110 to 120 degrees C).
- Drain beef and discard marinade.
- Smoke beef in the preheated smoker until jerky is dry and chewy but not crispy, 6 to 8 hours. Store jerky in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.64, Glycemic Load:0.83, Inflammation Score:-3, Nutrition Score:11.814782533309%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 235.36kcal (11.77%), Fat: 3.79g (5.83%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 27.62g (10.05%), Sugar: 25.82g (28.69%), Cholesterol: 46.87mg (15.62%), Sodium: 2967.09mg (129%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin B3: 6.55mg (32.77%), Selenium: 21.92µg (31.32%), Vitamin B6: 0.6mg (30.23%), Phosphorus: 263.89mg (26.39%), Vitamin B12: 1.4µg (23.31%), Zinc: 3.3mg (21.99%), Iron: 3mg (16.69%), Magnesium: 58.08mg (14.52%), Potassium: 444.13mg (12.69%), Vitamin B2: 0.19mg (11.04%), Manganese: 0.21mg (10.74%), Copper: 0.17mg (8.44%), Vitamin B1: 0.1mg (6.98%), Vitamin C: 4.68mg (5.68%), Vitamin B5: 0.55mg (5.46%), Calcium: 47.67mg (4.77%), Folate: 19.05µg (4.76%),

Vitamin E: 0.23mg (1.53%), Fiber: 0.35g (1.38%)