



The Ultimate Beef Jerky



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



15

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinegar
- 2 teaspoons liquid smoke flavoring
- 1.5 pound london broil roast thinly sliced
- 0.3 cup soya sauce
- 1.5 tablespoons steak seasoning rub
- 0.3 cup worcestershire sauce

Equipment

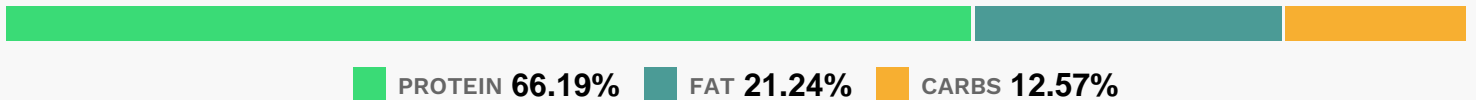
- bowl

- baking sheet
- sauce pan
- oven
- wire rack

Directions

- Combine the soy sauce, balsamic vinegar, Worcestershire sauce, liquid smoke and steak seasoning in a saucepan and bring to a boil. Reduce heat to low and simmer for about 10 minutes.
- Remove from the heat and set aside to cool.
- Pour the marinade into a glass or plastic bowl and add the meat slices. Stir to coat and then cover and refrigerate for up to 2 days. Turn or stir occasionally to marinate the meat evenly.
- Preheat the oven to 175 degrees F (80 degrees C). Arrange the beef strips on a wire rack set over a baking sheet. If you like, you can sprinkle a little more steak seasoning on it at this point.
- Bake for 60 to 90 minutes in the preheated oven, until dry but still pliable. Store in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:5.8321739292663%

Nutrients (% of daily need)

Calories: 69.33kcal (3.47%), Fat: 1.56g (2.4%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.17g (1.3%), Cholesterol: 27.67mg (9.22%), Sodium: 307.17mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.91%), Selenium: 14.55µg (20.79%), Vitamin B3: 3.32mg (16.58%), Vitamin B6: 0.32mg (16.05%), Zinc: 2.11mg (14.09%), Phosphorus: 110.87mg (11.09%), Vitamin B12: 0.61µg (10.21%), Iron: 1.4mg (7.78%), Potassium: 221.55mg (6.33%), Vitamin B2: 0.08mg (4.66%), Magnesium: 14.89mg (3.72%), Vitamin K: 3.81µg (3.63%), Copper: 0.07mg (3.37%), Vitamin B1: 0.05mg (3.31%), Vitamin B5: 0.32mg (3.23%), Manganese: 0.06mg (2.93%), Calcium: 20.79mg (2.08%), Folate: 7.97µg (1.99%)