



Venison Jerky

 Gluten Free  Dairy Free

READY IN



325 min.

SERVINGS



3

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons garlic powder
- ☐ 2 pounds ground venison lean
- ☐ 2 teaspoons hickory-flavored liquid smoke
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon pepper sauce hot
- ☐ 2.5 teaspoons salt
- ☐ 1.5 teaspoons barbeque seasoning
- ☐ 2 teaspoons sugar-based curing mixture morton® tender quick® (such as)

- ☐ 2 teaspoons water
- ☐ 2 teaspoons monosodium glutamate (MSG)
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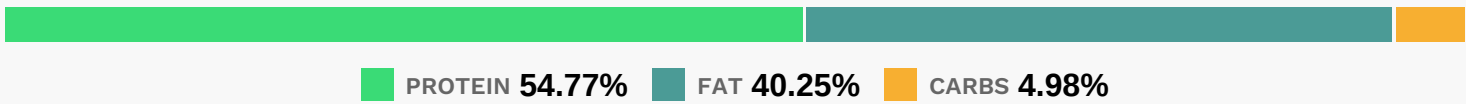
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ dehydrator

Directions

- ☐ In a large bowl, combine ground venison, salt, MSG, hot sauce, curing mixture, barbeque seasoning, water, liquid smoke, garlic powder, and pepper; mix thoroughly. Cover, and refrigerate for 2 hours.
- ☐ Line food dehydrator trays with plastic wrap. Pat meat mixture into a very thin layer on the trays.
- ☐ Place in dehydrator set according to manufacturers directions. Once the meat has firmed up, after about the first 2 hours, remove it from the plastic, cut into strips, and replace onto the racks. Continue until the meat is done drying, about 5 to 10 hours total depending on machine.
- ☐ When finished, blot off any grease with a paper towel. Store in the refrigerator in a jar with a tight fitting lid.

Nutrition Facts



Properties

Glycemic Index:37.36, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:35.136956855007%

Nutrients (% of daily need)

Calories: 499.16kcal (24.96%), Fat: 21.71g (33.39%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 4.73g (1.72%), Sugar: 2.83g (3.14%), Cholesterol: 241.92mg (80.64%), Sodium: 2209.41mg

(96.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.46g (132.91%), Vitamin B1: 1.67mg (111.2%), Vitamin B12: 5.65µg (94.25%), Vitamin B3: 17.37mg (86.87%), Zinc: 12.84mg (85.58%), Vitamin B6: 1.47mg (73.25%), Phosphorus: 620.41mg (62.04%), Iron: 9.91mg (55.04%), Vitamin B2: 0.89mg (52.11%), Selenium: 30.87µg (44.09%), Potassium: 1059.62mg (30.27%), Copper: 0.46mg (22.83%), Vitamin B5: 2.13mg (21.3%), Vitamin K: 19.54µg (18.61%), Magnesium: 72.42mg (18.1%), Vitamin E: 1.83mg (12.2%), Manganese: 0.23mg (11.66%), Calcium: 77.11mg (7.71%), Fiber: 1.32g (5.26%), Folate: 19.01µg (4.75%), Vitamin C: 1.08mg (1.31%)