



## Worth County Deer Jerky

 Gluten Free  Dairy Free

READY IN



990 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

### Ingredients

- 1 teaspoon pepper black
- 1 tablespoon garlic powder
- 1 tablespoon catsup
- 1 tablespoon juice of lemon fresh
- 1 tablespoon liquid smoke
- 1 teaspoon onion powder
- 1 teaspoon hot sauce hot
- 0.3 cup soya sauce

- 3 tablespoons teriyaki sauce
- 1 pound venison cut into 1 x 1/4 inch strips
- 0.8 cup worcestershire sauce

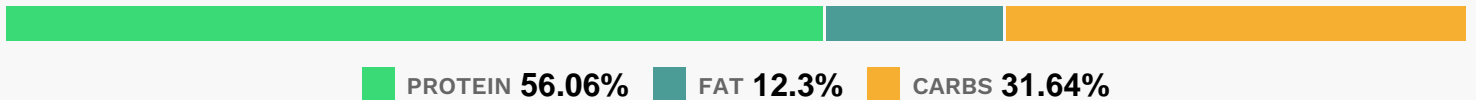
## Equipment

- bowl
- oven
- dehydrator

## Directions

- Stir together Worcestershire sauce, soy sauce, liquid smoke, lemon juice, teriyaki sauce, ketchup, and hot pepper sauce in a bowl. Season with garlic powder, onion powder, and pepper.
- Mix in the sliced venison until completely coated. Cover tightly, and marinate at least 8 hours in the refrigerator.
- Prepare jerky in a food dehydrator according to manufacturer's directions, or dry on racks in the oven at 150 degrees F (65 degrees C) until the jerky has dried and will snap when bent, 10 to 12 hours.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:9.9091304514719%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 105.4kcal (5.27%), Fat: 1.41g (2.16%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.87g (2.86%), Sugar: 4.15g (4.61%), Cholesterol: 48.19mg (16.06%), Sodium: 1062.82mg (46.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.43g (28.85%), Vitamin B12: 3.58µg (59.63%), Vitamin B3:

4.21mg (21.03%), Iron: 3.68mg (20.46%), Vitamin B2: 0.33mg (19.25%), Phosphorus: 155.85mg (15.59%), Vitamin B6: 0.25mg (12.74%), Potassium: 442.75mg (12.65%), Copper: 0.22mg (11.19%), Vitamin B1: 0.16mg (10.38%), Zinc: 1.32mg (8.8%), Selenium: 6.06µg (8.66%), Magnesium: 25.27mg (6.32%), Vitamin C: 4.6mg (5.57%), Manganese: 0.11mg (5.33%), Calcium: 36.85mg (3.68%), Folate: 7.42µg (1.86%), Vitamin K: 1.37µg (1.31%), Vitamin E: 0.17mg (1.17%), Fiber: 0.27g (1.07%)