

# South African Biltong

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-beef-samosa-recipe>

## Ingredients:

- 2 pounds beef top rump
- 3 tablespoons malt vinegar, or cider
- 2 tablespoons salt coarse
- 1 teaspoon black pepper ground
- 1 tablespoon coriander seeds
- 1 tablespoon brown sugar

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 155 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 44 grams
7. SaturatedFat: 14 grams
8. Sodium: 3690 milligrams
9. Sugar: 15 grams
10. TransFat: 2.5 grams

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