

Teriyaki Venison Jerky

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/venison-jerky-recipe-chinese>

Ingredients:

- 1 pound venison ground
- 1/3 cup teriyaki sauce
- 1/3 cup Worcestershire sauce
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 2 tablespoons maple syrup honey, or brown sugar, totally optional – we love it without the added sweetness!

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 20 milligrams
4. Fat: 3.5 grams
5. Protein: 26 grams
6. SaturatedFat: 1 grams
7. Sodium: 1150 milligrams
8. Sugar: 12 grams

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