



Barbecued Tri-Tip with Caramelized Red Onions

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 8 servings red wine barbecue sauce
- ☐ 2 tablespoons butter ()
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black

- ☐ 2 tablespoons olive oil
- ☐ 2.5 pounds onions red halved thinly sliced (4 medium)
- ☐ 1 teaspoon salt
- ☐ 3 pound beef loin tri-tip roasts trimmed

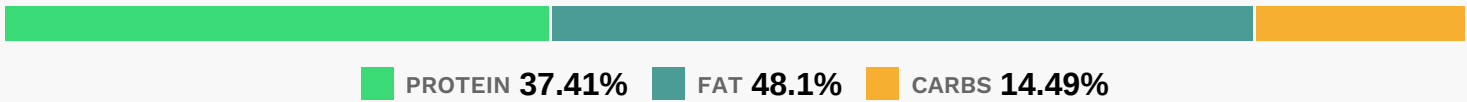
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Melt butter with olive oil in large nonstick skillet over medium heat.
- ☐ Add onions and cook until deep golden brown, stirring frequently, about 30 minutes. Stir in vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Remove from heat. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat before serving.) Stir in chives.
- ☐ Prepare barbecue (medium heat).
- ☐ Mix garlic powder, 1 teaspoon salt, and 1/2 teaspoon pepper in small bowl.
- ☐ Brush both sides of tri-tips with oil and sprinkle with garlic-powder mixture, pressing to adhere. Grill tri-tips 5 minutes per side. Reduce heat to medium-low, or if using charcoal grill, move meat to cooler side of grill. Cover and grill until thermometer inserted into thickest part of meat registers 125°F to 130°F for medium-rare, brushing with barbecue sauce and turning every 10 minutes, about 30 minutes longer.
- ☐ Transfer tri-tips to work surface; let stand 10 minutes.
- ☐ Cut meat crosswise into very thin slices; arrange on platter. Surround with caramelized onions and serve.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:3.07, Inflammation Score:-7, Nutrition Score:19.369565124097%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.19mg, Isorhamnetin: 7.19mg, Isorhamnetin: 7.19mg, Isorhamnetin: 7.19mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 28.83mg, Quercetin: 28.83mg, Quercetin: 28.83mg, Quercetin: 28.83mg

Nutrients (% of daily need)

Calories: 398.14kcal (19.91%), Fat: 21.05g (32.38%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 11.75g (4.27%), Sugar: 6.56g (7.29%), Cholesterol: 119.79mg (39.93%), Sodium: 563.6mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.65%), Selenium: 40.16µg (57.37%), Vitamin B6: 1.14mg (56.84%), Vitamin B3: 10.54mg (52.69%), Zinc: 6.36mg (42.38%), Phosphorus: 366.34mg (36.63%), Vitamin B12: 1.81µg (30.15%), Potassium: 760.68mg (21.73%), Iron: 2.92mg (16.25%), Vitamin C: 11.23mg (13.61%), Magnesium: 51.28mg (12.82%), Vitamin B2: 0.21mg (12.49%), Vitamin B5: 1.2mg (11.99%), Folate: 47.28µg (11.82%), Vitamin B1: 0.18mg (11.81%), Manganese: 0.23mg (11.49%), Fiber: 2.52g (10.06%), Copper: 0.18mg (9.07%), Calcium: 78.94mg (7.89%), Vitamin E: 1.17mg (7.82%), Vitamin K: 8.02µg (7.64%), Vitamin A: 147.64IU (2.95%)