



Cabernet-Soy Tri-Tip



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup wine
- ☐ 3 slices ginger fresh (each the size of a quarter)
- ☐ 2 cloves garlic
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup sugar
- ☐ 2 lb fat-trimmed beef tri-tip

Equipment

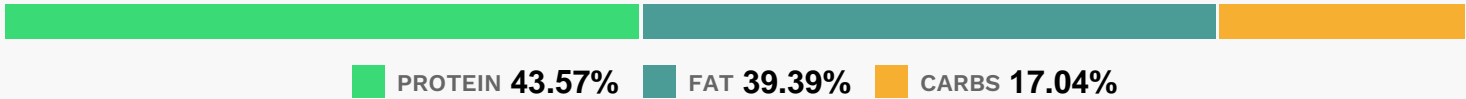
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ In a plastic food bag (at least 1 gal.), combine wine, sugar, and soy sauce.
- ☐ With the flat side of a knife, crush ginger and garlic.
- ☐ Add to wine mixture.
- ☐ Wipe beef with a damp towel and put in bag, seal, and shake to mix. Set bag in a pan and chill, turning occasionally, at least 30 minutes or up to 1 day.
- ☐ Lift beef from bag, reserving the marinade.
- ☐ Lay meat on a grill above a solid bed of medium coals or on a gas barbecue on medium heat (you can hold your hand at grill level only 4 to 5 seconds). Cover gas grill. Turning beef as needed to brown evenly, cook until a thermometer inserted in center of thickest part registers 125 for rare, 20 to 30 minutes total for a 1 1/2- to 2-inch-thick piece.
- ☐ Transfer meat to a carving board, keep warm, and let rest 5 to 10 minutes.
- ☐ Meanwhile, pour reserved marinade into a 1- to 2-quart pan. Over high heat, boil marinade until reduced to about 1/2 cup, about 5 minutes. With a slotted spoon, discard ginger and garlic.
- ☐ Pour marinade sauce into a bowl and add juices that have drained from meat.
- ☐ Slice meat thinly across the grain and accompany with sauce.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:7.94, Inflammation Score:-2, Nutrition Score:14.129565292079%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 316.94kcal (15.85%), Fat: 12.99g (19.98%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 12.52g (4.55%), Sugar: 11.28g (12.53%), Cholesterol: 99.79mg (33.26%), Sodium: 619.01mg (26.91%), Alcohol: 2.1g (100%), Alcohol %: 1.37% (100%), Protein: 32.32g (64.64%), Selenium: 35.22µg (50.31%), Vitamin B3: 9.6mg (48%), Vitamin B6: 0.88mg (44.23%), Zinc: 5.47mg (36.47%), Phosphorus: 300.2mg (30.02%), Vitamin B12: 1.6µg (26.71%), Potassium: 508.17mg (14.52%), Iron: 2.51mg (13.95%), Vitamin B2: 0.17mg (9.97%), Vitamin B5: 0.94mg (9.42%), Magnesium: 36.3mg (9.07%), Vitamin B1: 0.1mg (6.98%), Copper: 0.12mg (6.25%), Folate: 18.51µg (4.63%), Manganese: 0.08mg (4.22%), Calcium: 41.81mg (4.18%), Vitamin E: 0.49mg (3.25%), Vitamin K: 1.98µg (1.89%)