



Chipotle Tri-Tip

 Dairy Free

READY IN



420 min.

SERVINGS



20

CALORIES



566 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings baguettes for serving
- ☐ 4 tablespoons balsamic vinegar
- ☐ 4 tablespoons brown mustard
- ☐ 2 chipotle chiles in adobo canned
- ☐ 4 chipotle chiles in adobo canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 cloves garlic

- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 2 teaspoons salt
- ☐ 9 pound tri-tip steaks
- ☐ 0.5 cup red wine spanish good

Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ aluminum foil
- ☐ chopsticks

Directions

- ☐ Combine chiles, garlic, cilantro, olive oil, lime juice, and red wine in a large bowl.
- ☐ Mix well and divide among 3 large resealable bags.
- ☐ Add 1 steak to each bag and refrigerate for 6 to 8 hours.
- ☐ Heat grill to medium-high and grill steaks for about 10 to 15 minutes on each side, turning halfway through to achieve cross-hatch marks.
- ☐ Remove from grill, tent with foil, and let rest for 15 minutes. Carve into slices with a sharp knife and serve on baguettes with the Santa Fe Aioli.
- ☐ Combine all ingredients, except cilantro, in a food processor and pulse until aioli is thick and creamy. If you like cilantro, fold it in at the end.

Nutrition Facts



 PROTEIN 35.16%  FAT 35.18%  CARBS 29.66%

Properties

Glycemic Index:14.4, Glycemic Load:25.12, Inflammation Score:-5, Nutrition Score:25.953478401122%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 565.89kcal (28.29%), Fat: 21.56g (33.18%), Saturated Fat: 7.1g (44.39%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 38.94g (14.16%), Sugar: 11.07g (12.3%), Cholesterol: 134.72mg (44.91%), Sodium: 736.59mg (32.03%), Alcohol: 0.64g (100%), Alcohol %: 0.25% (100%), Protein: 48.5g (97%), Selenium: 59.19µg (84.55%), Vitamin B3: 15.41mg (77.06%), Vitamin B6: 1.24mg (61.87%), Zinc: 7.9mg (52.66%), Phosphorus: 456.46mg (45.65%), Vitamin B12: 2.16µg (36.06%), Vitamin B1: 0.51mg (34.21%), Iron: 5.65mg (31.41%), Vitamin B2: 0.42mg (24.7%), Folate: 93.63µg (23.41%), Potassium: 771mg (22.03%), Manganese: 0.37mg (18.5%), Magnesium: 64.47mg (16.12%), Vitamin B5: 1.49mg (14.9%), Calcium: 126.66mg (12.67%), Copper: 0.24mg (11.81%), Vitamin E: 1.24mg (8.24%), Fiber: 1.97g (7.86%), Vitamin K: 6.75µg (6.43%), Vitamin C: 4.93mg (5.98%)