



Dry Rubbed BBQ Beef Brisket or Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



555 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon ground cumin
- 0.3 teaspoon paprika
- 2 tablespoons salt
- 0.5 cup lawry's seasoned salt
- 0.5 teaspoon thyme leaves dried whole
- 4 pound beef tri-tip skinless

Equipment

grill

Directions

- Combine all the dry ingredients and mix together. Generously sprinkle the mixture onto the tri-tip or chicken and let it sit, covered, overnight in the refrigerator.
- Just before grilling, rub the mixture a second time all over the tri-tip or chicken, making sure all sides are coated with the seasoning. Grill the tri-tip until the internal temperature reaches 130 degrees F, or the chicken reaches 160 degrees F.
- Let the tri-tip or chicken rest at least 10 minutes before slicing.

Nutrition Facts

PROTEIN 78.14% **FAT 21.59%** **CARBS 0.27%**

Properties

Glycemic Index:8.67, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:23.973478177319%

Nutrients (% of daily need)

Calories: 346.03kcal (17.3%), Fat: 7.89g (12.14%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.01g (0.02%), Cholesterol: 193.53mg (64.51%), Sodium: 12107.77mg (526.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.26g (128.51%), Vitamin B3: 31.56mg (157.8%), Selenium: 96.82µg (138.31%), Vitamin B6: 2.27mg (113.41%), Phosphorus: 636.42mg (63.64%), Vitamin B5: 4.31mg (43.12%), Potassium: 1127.95mg (32.23%), Magnesium: 80.01mg (20%), Vitamin B2: 0.3mg (17.91%), Vitamin B1: 0.2mg (13.02%), Zinc: 1.8mg (12.01%), Vitamin B12: 0.6µg (10.08%), Iron: 1.46mg (8.1%), Manganese: 0.1mg (4.99%), Copper: 0.09mg (4.73%), Vitamin C: 3.68mg (4.47%), Vitamin E: 0.61mg (4.08%), Folate: 12.4µg (3.1%), Vitamin A: 137.5IU (2.75%), Calcium: 26.09mg (2.61%), Vitamin K: 2.25µg (2.14%), Vitamin D: 0.3µg (2.02%)