






 **34%**  
HEALTH SCORE

# Easy Grilled Tri Tip

 **Gluten Free**  **Dairy Free**

READY IN  
  
**270 min.**

SERVINGS  
  
**8**

CALORIES  
  
**440 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 2 cloves garlic peeled chopped
- 8 servings pepper black to taste
- 0.3 cup olive oil
- 0.3 cup soya sauce
- 4 pounds tri-tip beef cut into 1/2 inch slices
- 2 tablespoons water

## Equipment

- bowl

grill

## Directions

- In a large, non-reactive bowl, blend the soy sauce, olive oil, water, garlic, and pepper.
- Place the beef tri tip in the marinade. Cover, and marinate in the refrigerator at least 4 hours.
- Preheat an outdoor grill for high heat, and lightly oil grate.
- Grill the beef slices 3 to 5 minutes per side, or to desired doneness. Discard remaining marinade.

## Nutrition Facts

**PROTEIN 44.43%** **FAT 54.9%** **CARBS 0.67%**

## Properties

Glycemic Index:9.63, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:21.098695794282%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 439.6kcal (21.98%), Fat: 26.16g (40.24%), Saturated Fat: 8.06g (50.35%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.13g (0.15%), Cholesterol: 149.69mg (49.9%), Sodium: 523.39mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.63g (95.26%), Selenium: 52.56µg (75.08%), Vitamin B3: 14.1mg (70.49%), Vitamin B6: 1.3mg (65.05%), Zinc: 8.16mg (54.4%), Phosphorus: 439.38mg (43.94%), Vitamin B12: 2.4µg (40.07%), Potassium: 738.72mg (21.11%), Iron: 3.61mg (20.07%), Vitamin B2: 0.24mg (14.05%), Vitamin B5: 1.38mg (13.8%), Magnesium: 50.92mg (12.73%), Vitamin E: 1.7mg (11.33%), Vitamin B1: 0.15mg (10.07%), Copper: 0.17mg (8.64%), Vitamin K: 7.19µg (6.85%), Folate: 26.29µg (6.57%), Calcium: 60.13mg (6.01%), Manganese: 0.09mg (4.32%)