



Grilled Tri-Tip Roast with Cilantro

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings cilantro sprigs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons oregano leaves dried fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup regular soy sauce reduced-sodium
- ☐ 2 lb beef tri-tip roast

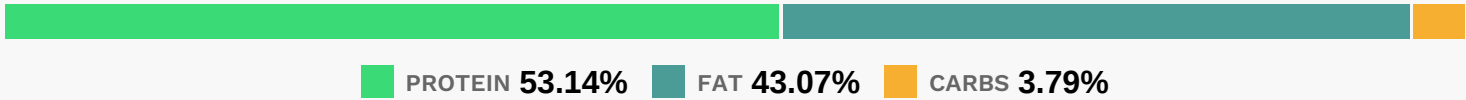
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Trim and discard excess fat from beef.
- ☐ Cut 1-inch-long slits about 1/2 inch deep and about 1 inch apart over top and bottom of roast.
- ☐ Mix soy sauce, chopped cilantro, liquid smoke, oregano, garlic, and pepper.
- ☐ Set roast in a rimmed dish and spoon soy mixture into slits.
- ☐ Pour remaining mixture over meat.
- ☐ Set roast on a grill above a solid bed of medium-hot coals or on a gas barbecue set on medium-high heat (you can hold your hand at grill level only 3 to 4 seconds). Cover gas grill. Cook roast, turning once, until a thermometer inserted in center of thickest part registers 125 for rare, 20 to 25 minutes total for a 1 1/2- to 2-inch-thick piece.
- ☐ Transfer meat to a board and let rest about 5 minutes.
- ☐ Cut across the grain in thin slices.
- ☐ Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:11.827826196733%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 187.83kcal (9.39%), Fat: 8.78g (13.51%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.19g (0.21%), Cholesterol: 73.71mg (24.57%), Sodium: 465.89mg (20.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.75%), Selenium: 27.61µg (39.45%), Vitamin B6: 0.69mg (34.46%), Vitamin B3: 6.62mg (33.08%), Zinc: 4.1mg (27.31%), Phosphorus: 233.47mg (23.35%), Vitamin B12: 1.11µg (18.52%), Iron: 2.39mg (13.26%), Potassium: 404.43mg (11.56%), Vitamin K: 11.22µg (10.68%), Vitamin B2: 0.15mg (8.65%), Magnesium: 30.74mg (7.68%), Manganese: 0.15mg (7.36%), Vitamin B5: 0.71mg (7.14%), Vitamin B1:

0.09mg (6.21%), Copper: 0.11mg (5.34%), Calcium: 51.62mg (5.16%), Folate: 17.17µg (4.29%), Vitamin E: 0.6mg (3.98%), Fiber: 0.66g (2.65%), Vitamin A: 62.54IU (1.25%)