



## Grilled Tri-Tip Steak with Bell Pepper Salsa



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pound tri-tip steak
- ☐ 6 servings salt
- ☐ 6 servings pepper black freshly ground

- ☐ 1 large bell pepper seeds removed, finely chopped (any color)
- ☐ 4 green onions thinly sliced
- ☐ 1 teaspoon garlic cloves finely chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 0.3 teaspoon chile flakes red
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper black freshly ground to taste

## Equipment

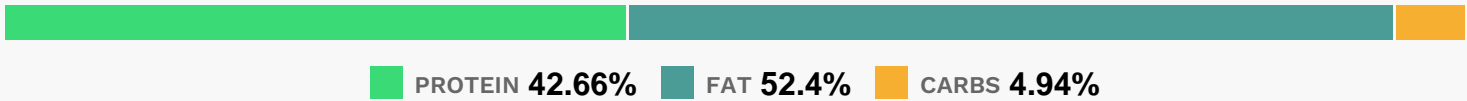
- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Marinate the steak: Prepare the marinade in a large bowl, stirring together all of the marinade ingredients.
- ☐ Place steak in the bowl and coat on all sides with the marinade. Marinate for 20 minutes while you are preheating the grill.
- ☐ Prepare the grill: Prepare the grill for direct high heat. If you are using charcoal, use approximately 5 pounds of coals. Bank the coals so that more of them are on one side than the other, so that you have a high heat zone and a lower heat zone.
- ☐ Pat dry steak, sprinkle with salt and pepper: When the grill is ready and hot, remove the meat from the marinade and pat it dry with paper towels.
- ☐ Sprinkle generously all over with salt and freshly ground black pepper.
- ☐ Place the tri-tip on the hot side of the grill. Leave the cover off and watch carefully for flare-ups.
- ☐ As the meat browns, any fat will melt and drip on to the coals causing flare-ups. These are okay, as long as they don't get out of control.

- ☐ Keep moving the tri-tip around the grill away from the flames if they get too high. Brown well on both sides.
- ☐ Move steak to lower heat side of grill: When the tri-tip steak is browned all over, move it to the lower heat side of the grill.
- ☐ Cover the grill and close the vents enough so that you maintain about 300–325°F temperature in the grill. (If you are using a charcoal grill, you can place a meat thermometer through the vents to measure the heat.)
- ☐ If you are using a gas grill, turn off one of the burners and move the meat over that burner for indirect heating.
- ☐ Check temperature: Cook the tri-tip until a meat thermometer reads 130°F when inserted into the thickest part of the meat (15–30 minutes, depending on the thickness of the meat).
- ☐ Remove from grill, cover with foil and let rest for 15 minutes.
- ☐ Make salsa: Make the bell pepper salsa by stirring together all of the salsa ingredients in a small bowl.
- ☐ Cut the tri-tip in 1/4-inch slices across the grain of the meat.
- ☐ Serve with the bell pepper salsa.

## Nutrition Facts



## Properties

Glycemic Index:51.17, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:20.686521778936%

## Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 311.15kcal (15.56%), Fat: 17.74g (27.29%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.74g (1%), Sugar: 1.5g (1.67%), Cholesterol: 99.79mg (33.26%), Sodium: 613.28mg (26.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.5g (64.99%), Selenium: 35.44µg (50.63%), Vitamin B6: 0.98mg (49.12%), Vitamin B3: 9.8mg (48.99%), Vitamin C: 39.07mg (47.36%), Vitamin K: 45.14µg (42.99%), Zinc: 5.59mg (37.28%), Phosphorus: 309.73mg (30.97%), Vitamin B12: 1.6µg (26.71%), Vitamin A: 1074.37IU (21.49%),

Potassium: 600.26mg (17.15%), Iron: 2.86mg (15.88%), Vitamin B2: 0.2mg (11.49%), Vitamin E: 1.68mg (11.19%),  
Vitamin B5: 1.04mg (10.38%), Magnesium: 41.39mg (10.35%), Folate: 37.58µg (9.39%), Manganese: 0.19mg (9.34%),  
Vitamin B1: 0.13mg (8.41%), Copper: 0.14mg (7.02%), Calcium: 55.38mg (5.54%), Fiber: 1.03g (4.11%)