



## Grilled Tri-Tip with Oregon Herb Rub



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



10

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon celery salt
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 0.3 teaspoon sage dried
- ☐ 1.5 teaspoons garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon paprika

- ☐ 1 tablespoon salt
- ☐ 2.5 pound beef tri-tip roast

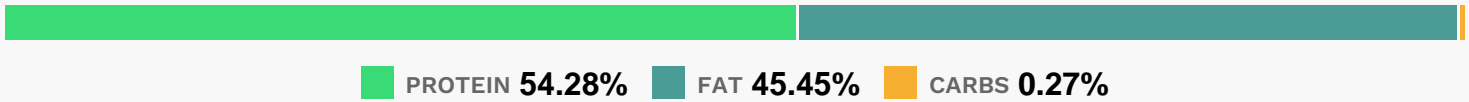
## Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Mix together the salt, garlic salt, celery salt, black pepper, onion powder, paprika, dill, sage, and rosemary in a bowl. Store in an airtight container at room temperature until ready to use.
- ☐ Use a damp towel to lightly moisten the roast with water, then pat with the prepared rub. Refrigerate for a minimum of 2 hours, up to overnight, for the flavors to fully come together.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Place the roast onto the preheated grill and quickly cook until brown on all sides to sear the meat, then remove. Reset the grill for medium-low indirect heat (if using charcoal, move coals to the outside edges of the grill pit).
- ☐ Return the roast to the grill, and cook, turning occasionally, until the desired degree of doneness has been reached, about 1 1/2 hours for medium-well.
- ☐ Remove from the grill and cover with aluminum foil. Allow to rest for 10 minutes before carving across the grain in thin slices to serve.

## Nutrition Facts



## Properties

Glycemic Index:11.7, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:10.103043424613%

## Nutrients (% of daily need)

Calories: 178.55kcal (8.93%), Fat: 8.72g (13.41%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 0.12g (0.04%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.01g (0.01%), Cholesterol: 73.71mg (24.57%), Sodium: 1222.97mg (53.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.86%), Selenium: 27.34µg (39.06%), Vitamin B6:

0.65mg (32.42%), Vitamin B3: 6.26mg (31.31%), Zinc: 4.02mg (26.82%), Phosphorus: 220.53mg (22.05%), Vitamin B12: 1.11µg (18.52%), Potassium: 367.42mg (10.5%), Iron: 1.75mg (9.74%), Vitamin B2: 0.13mg (7.52%), Vitamin B5: 0.67mg (6.66%), Magnesium: 24.2mg (6.05%), Vitamin B1: 0.08mg (5.63%), Copper: 0.09mg (4.26%), Folate: 12.55µg (3.14%), Calcium: 28.98mg (2.9%), Vitamin E: 0.37mg (2.45%), Vitamin K: 1.53µg (1.45%), Manganese: 0.02mg (1.16%)