



Harissa-Crusted Tri-Tip Roast

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 teaspoons caraway seeds
- 0.3 cup chili paste depending on your taste pref (such as sambal oelek)
- 1.3 teaspoons chili powder
- 6 garlic clove
- 1.5 teaspoons ground cumin
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons tomato sauce
- 1.8 pound tri-tip beef roast trimmed

Equipment

- frying pan
- baking sheet
- oven
- kitchen thermometer

Directions

- Preheat oven to 400°F. Toast caraway seeds in small nonstick skillet over medium heat until seeds darken and begin to smoke, stirring often, about 5 minutes.
- Add olive oil and garlic cloves to caraway seeds in skillet. Cover; remove from heat.
- Let stand 1 minute.
- Pour caraway mixture into processor.
- Add chili paste, tomato sauce, cumin, and chili powder and blend until garlic cloves are pureed. Season harissa to taste with salt.
- Sprinkle beef all over with salt and pepper; place beef, fat side down, on rack on rimmed baking sheet.
- Spread with half of harissa. Turn beef over; spread remaining harissa over top and sides. Roast beef until thermometer inserted into center registers 125°F to 130°F for medium-rare, about 35 minutes.
- Let rest 10 minutes. Slice and serve.
- *Available in the Asian foods section of most supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:14.099999790606%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 309.76kcal (15.49%), Fat: 19.48g (29.97%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.63g (1.68%), Sugar: 1.27g (1.41%), Cholesterol: 85.99mg (28.66%), Sodium: 104.56mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Selenium: 32.65µg (46.64%), Vitamin B6: 0.83mg (41.37%), Vitamin B3: 7.64mg (38.21%), Zinc: 4.82mg (32.14%), Phosphorus: 275.57mg (27.56%), Vitamin B12: 1.3µg (21.61%), Iron: 2.74mg (15.2%), Potassium: 518.68mg (14.82%), Vitamin E: 2mg (13.33%), Vitamin B2: 0.17mg (10.03%), Magnesium: 34.6mg (8.65%), Vitamin B1: 0.12mg (8.12%), Vitamin B5: 0.81mg (8.11%), Vitamin K: 7.8µg (7.43%), Copper: 0.14mg (6.99%), Calcium: 50.3mg (5.03%), Manganese: 0.1mg (5%), Folate: 16.46µg (4.11%), Vitamin C: 3.27mg (3.96%), Vitamin A: 176.57IU (3.53%), Fiber: 0.61g (2.46%)