



Herbed Beef Tri-Tip Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple juice
- ☐ 3 cloves garlic peeled
- ☐ 1 tablespoon herbes de provence blend dried italian
- ☐ 10 servings salt and pepper
- ☐ 2.5 lb beef tri-tip

Equipment

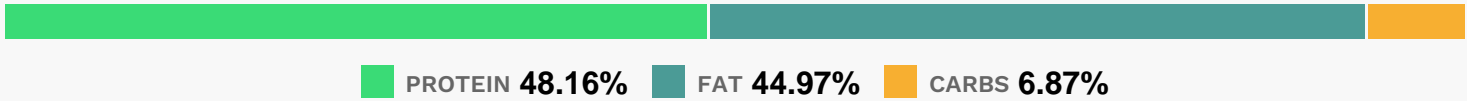
- ☐ bowl
- ☐ frying pan

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Rinse meat and pat dry.
- ☐ Cut 1/2-inch-wide slits all over roast.
- ☐ Cut garlic into 1/2-inch slices and tuck into meat slits. Rub meat with herbs.
- ☐ Place in 1-gallon heavy plastic food bag, add beer, and seal bag. Set in a bowl and chill at least 1 hour, or up to 4 hours; turn over occasionally.
- ☐ Prepare barbecue. If using charcoal briquets, mound and ignite 60 briquets on the firegrate of a barbecue with a lid. When briquets are dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate.
- ☐ Add 5 more briquets now, and every 30 minutes of cooking, to each mound of coals.
- ☐ If using a gas barbecue, turn heat to high and close lid for 10 minutes. Adjust burners for indirect cooking (no heat down center) and keep on high.
- ☐ Set a drip pan on fire grate between coals or burners. Set barbecue grill in place.
- ☐ Lift meat from marinade and lay on grill, not over heat. Cover barbecue; open vents for charcoal. During the first 30 minutes, baste meat with marinade occasionally. Cook beef until a thermometer inserted in the center of the thickest part reaches 135 for medium-rare, 35 to 40 minutes. Discard remaining marinade.
- ☐ Transfer beef to platter or board, keep warm, and let rest about 10 minutes.
- ☐ Cut meat into thin slices; add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:10.966521752917%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 200.96kcal (10.05%), Fat: 9.76g (15.02%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.4g (2.67%), Cholesterol: 74.84mg (24.95%), Sodium: 254.12mg (11.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.05%), Selenium: 26.37µg (37.67%), Vitamin B3: 6.95mg (34.73%), Vitamin B6: 0.66mg (32.81%), Zinc: 4.1mg (27.34%), Phosphorus: 218.24mg (21.82%), Vitamin B12: 1.2µg (20.03%), Iron: 2.23mg (12.39%), Potassium: 391.42mg (11.18%), Vitamin K: 8.35µg (7.95%), Vitamin B2: 0.12mg (7.07%), Vitamin B5: 0.69mg (6.91%), Magnesium: 26.16mg (6.54%), Vitamin B1: 0.08mg (5.44%), Copper: 0.09mg (4.43%), Calcium: 39.64mg (3.96%), Manganese: 0.08mg (3.89%), Folate: 13.6µg (3.4%), Vitamin E: 0.4mg (2.64%)