



Marinated Tri-Tip with Chinese Mustard Sauce and Roasted Green Onions and Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound portabello mushrooms
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.3 cup wine dry red
- ☐ 3 garlic minced
- ☐ 3 bunches spring onion dark ends trimmed
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons olive oil

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 pound tri-tip beef roast
- ☐ 2 tablespoons water

Equipment

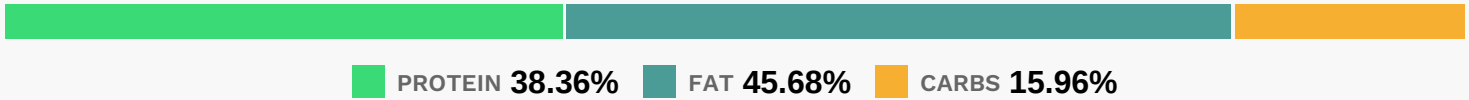
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ glass baking pan

Directions

- ☐ Whisk wine, soy sauce, garlic, and 1 teaspoon dry mustard in large glass baking dish.
- ☐ Add tri-tip and turn to coat with marinade.
- ☐ Let stand at room temperature 30 minutes, turning meat occasionally.
- ☐ Meanwhile, whisk honey, 2 tablespoons water, 1/4 teaspoon salt, and remaining 2 tablespoons dry mustard in small bowl to blend; set sauce aside.
- ☐ Preheat oven to 450°F.
- ☐ Remove tri-tip from marinade; pat dry with paper towels.
- ☐ Place tri-tip on large rimmed baking sheet; sprinkle with salt and pepper. Arrange green onions and mushrooms around meat; drizzle onions and mushrooms with olive oil. Roast 12 minutes. Turn meat, onions, and mushrooms over; roast until vegetables are tender and instant-read thermometer inserted into center of meat registers 125°F for medium-rare, about 12 minutes longer.
- ☐ Place mushrooms and green onions on platter.
- ☐ Cut meat into 1/4-inch-thick slices; arrange atop green onions and mushrooms.

- ☐ Pour any pan juices over.
- ☐ Drizzle lightly with mustard sauce.
- ☐ Serve, passing remaining mustard sauce alongside.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:5.06, Inflammation Score:-5, Nutrition Score:26.081304363582%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 419.45kcal (20.97%), Fat: 20.7g (31.84%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 14.12g (5.14%), Sugar: 12.08g (13.43%), Cholesterol: 110.56mg (36.85%), Sodium: 752.7mg (32.73%), Alcohol: 2.1g (100%), Alcohol %: 0.74% (100%), Protein: 39.1g (78.19%), Selenium: 63.71µg (91.01%), Vitamin B3: 14.98mg (74.9%), Vitamin B6: 1.2mg (59.94%), Phosphorus: 478.82mg (47.88%), Zinc: 6.81mg (45.41%), Vitamin K: 43.58µg (41.51%), Potassium: 1045.81mg (29.88%), Vitamin B12: 1.72µg (28.73%), Copper: 0.49mg (24.53%), Vitamin B5: 2.36mg (23.6%), Vitamin B2: 0.37mg (21.99%), Iron: 3.57mg (19.83%), Folate: 64.69µg (16.17%), Vitamin B1: 0.22mg (14.43%), Magnesium: 45.62mg (11.41%), Manganese: 0.23mg (11.38%), Vitamin E: 1.68mg (11.23%), Fiber: 2.14g (8.57%), Calcium: 65.4mg (6.54%), Vitamin C: 4.17mg (5.06%), Vitamin A: 179.82IU (3.6%), Vitamin D: 0.34µg (2.27%)