



## Santa Maria Barbecue

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons garlic salt
- 8 servings pinto beans
- 0.5 teaspoon pepper
- 8 servings salsa fresh
- 2 lb beef tri-tip

### Equipment

- grill
- kitchen thermometer

cutting board

## Directions

- Trim and discard fat from tri-tip. Rinse and pat dry, then sprinkle with garlic salt and pepper.
- Lay meat on a hot oiled grill (you can hold your hand at grill level only 1 or 2 seconds). Cook, turning as needed to brown evenly, until a thermometer inserted in the center of the thickest part reads 125 to 130, about 20 minutes.
- Transfer the meat to a cutting board and let rest 15 minutes.
- Cut meat across the grain into thin, slanting slices.
- Serve with pinto beans and fresh salsa.

## Nutrition Facts

 **PROTEIN 49.61%**  **FAT 45.6%**  **CARBS 4.79%**

## Properties

Glycemic Index:7, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:11.30739139474%

## Nutrients (% of daily need)

Calories: 197.06kcal (9.85%), Fat: 9.76g (15.02%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.22g (1.36%), Cholesterol: 74.84mg (24.95%), Sodium: 850.34mg (36.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Selenium: 26.49µg (37.84%), Vitamin B3: 7.26mg (36.31%), Vitamin B6: 0.7mg (34.76%), Zinc: 4.13mg (27.54%), Phosphorus: 225.14mg (22.51%), Vitamin B12: 1.2µg (20.03%), Potassium: 445.9mg (12.74%), Iron: 1.85mg (10.29%), Vitamin B5: 0.74mg (7.4%), Vitamin B2: 0.12mg (7.29%), Magnesium: 29.11mg (7.28%), Vitamin B1: 0.08mg (5.59%), Copper: 0.1mg (5.15%), Vitamin E: 0.75mg (5.03%), Calcium: 38.67mg (3.87%), Folate: 14.77µg (3.69%), Manganese: 0.07mg (3.3%), Vitamin A: 154.28IU (3.09%), Vitamin K: 3.02µg (2.88%), Fiber: 0.62g (2.49%)