



Santa Maria Smoked Tri-Tip



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups fries
- ☐ 2 cups salsa
- ☐ 2.3 pound tri-tip beef trimmed

Equipment

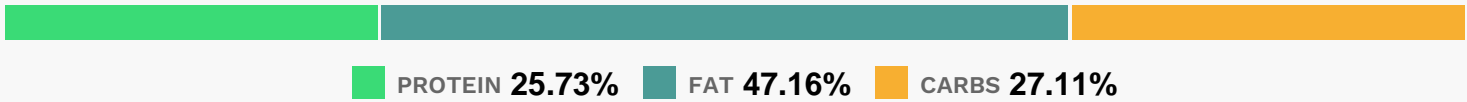
- ☐ grill

☐ kitchen thermometer

Directions

- ☐ Soak wood chips in water 1 hour; drain well.
- ☐ Combine salt, pepper, and garlic powder; sprinkle evenly over steak.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Remove grill rack; set aside. Prepare grill, heating one side to high and one side to medium.
- ☐ Place wood chips on hot coals on medium-heat side of grill; heat wood chips 10 minutes. Coat grill rack with cooking spray; place on grill.
- ☐ Lightly coat steak with cooking spray.
- ☐ Place steak on grill rack over high-heat side of grill; grill 6 minutes, turning 3 times.
- ☐ Place steak on grill rack over medium-heat side of grill; grill 40 minutes or until a thermometer registers 140 (medium-rare) or until desired degree of doneness.
- ☐ Remove steak from grill; let stand 10 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Serve with Santa Maria Salsa; garnish with cilantro sprigs, if desired.
- ☐ Wine note: Tri-tip from California's Santa Ynez Valley goes naturally with a full-throttle merlot from the same region. Gainey Merlot 2004 (Santa Ynez Valley, California), \$26, is plush and plummy, with enough structure to stand up to the steak, the char-smokiness of the wood chips, and the pungency of the salsa. --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:14.68, Inflammation Score:-5, Nutrition Score:18.148695904276%

Nutrients (% of daily need)

Calories: 461.27kcal (23.06%), Fat: 24.3g (37.39%), Saturated Fat: 8.05g (50.34%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 26.18g (9.52%), Sugar: 2.48g (2.76%), Cholesterol: 84.2mg (28.07%), Sodium: 1218.32mg (52.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.67%), Vitamin B3: 10.49mg (52.43%), Vitamin B6: 1mg (49.81%), Selenium: 30.56µg (43.65%), Zinc: 5mg (33.33%), Phosphorus: 331.4mg (33.14%),

Potassium: 959.22mg (27.41%), Vitamin B12: 1.35µg (22.54%), Fiber: 5.24g (20.97%), Iron: 3.38mg (18.79%),
Manganese: 0.32mg (16.17%), Vitamin B5: 1.37mg (13.73%), Magnesium: 53.09mg (13.27%), Vitamin B1: 0.17mg
(11.41%), Vitamin B2: 0.18mg (10.39%), Folate: 36.28µg (9.07%), Vitamin C: 6.83mg (8.27%), Copper: 0.16mg (8.22%),
Vitamin E: 1.21mg (8.03%), Vitamin A: 313.37IU (6.27%), Calcium: 59.51mg (5.95%), Vitamin K: 4.8µg (4.57%)