



Santa Maria-style Grilled Tri-tip



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons parsley dried
- ☐ 2 tablespoons garlic powder
- ☐ 0.8 teaspoons kosher salt
- ☐ 2 cups fries red for at least 20 minutes quick (optional; see Tip below)
- ☐ 2 lbs tri-tip beef with some fat on one side

Equipment

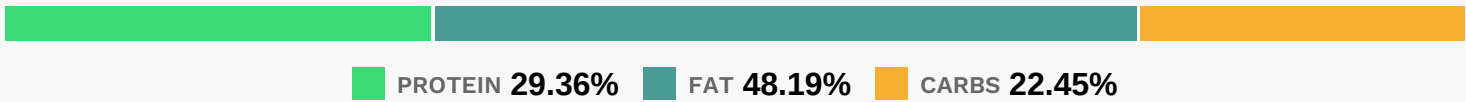
- ☐ bowl

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ In a small bowl, mix garlic powder, salt, pepper, and parsley together; rub all over and into meat.
- ☐ Let stand at least 1 hour at room temperature and up to several hours if chilled (bring to room temperature before grilling).
- ☐ Meanwhile, prepare a charcoal or gas grill for indirect medium-high heat and add chips, if using, to grill (if its gas, put them in a small disposable aluminum pan and set it on the lit burner; if charcoal, sprinkle them on the coals). Set tri-tip over direct heat, fat side up, and sear until nicely browned (close lid on gas grill), 3 to 5 minutes; turn over and sear other side.
- ☐ Move tri-tip over indirect-heat area and grill, turning every 10 minutes or so, until an instant-read thermometer inserted into thickest part registers 125 to 130, 25 to 35 minutes.
- ☐ Transfer tri-tip to a cutting board and let rest at least 15 minutes. Slice meat across the grain as thin or as thick as you like.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:9.85, Inflammation Score:-2, Nutrition Score:13.470869573886%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 348.21kcal (17.41%), Fat: 18.56g (28.56%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 16.55g (6.02%), Sugar: 0.05g (0.06%), Cholesterol: 74.84mg (24.95%), Sodium: 568.16mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.89%), Vitamin B3: 8.25mg (41.25%), Vitamin B6: 0.78mg (38.95%), Selenium: 26.99µg (38.55%), Zinc: 4.32mg (28.8%), Phosphorus: 268.65mg (26.86%),

Vitamin B12: 1.2µg (20.03%), Potassium: 641.7mg (18.33%), Iron: 2.62mg (14.53%), Fiber: 2.91g (11.65%), Vitamin B5: 1.01mg (10.12%), Manganese: 0.2mg (10.06%), Magnesium: 36.53mg (9.13%), Vitamin B1: 0.13mg (8.36%), Vitamin B2: 0.14mg (7.98%), Folate: 26.51µg (6.63%), Copper: 0.11mg (5.63%), Vitamin C: 3.78mg (4.58%), Calcium: 36.78mg (3.68%), Vitamin E: 0.38mg (2.54%), Vitamin K: 2.23µg (2.13%)