



Santa Maria Tri-Tip

 **Gluten Free**  **Dairy Free**

READY IN

ready

1480 min.

SERVINGS

servings

6

CALORIES

calories

463 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1.5 tablespoons achiote seeds
- ☐ 0.5 cup canola oil
- ☐ 0.5 cup garlic cloves
- ☐ 2 tablespoons sea salt
- ☐ 3 tablespoons kosher salt
- ☐ 0.3 cup cracked pepper fresh black
- ☐ 2 tablespoons sugar
- ☐ 3 pound prime tri-tip roast

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the granulated garlic and pepper in a small bowl and set aside. Mince the garlic and slowly incorporate the salt and sugar, alternating, to create a paste.
- ☐ Add the Achiote Oil and mix well. Be careful, this oil will stain.
- ☐ Rinse and pat dry the roast and rub with the garlic paste, evenly coating the meat.
- ☐ Sprinkle evenly with the granulated garlic and pepper mixture and wrap tightly in plastic wrap. Refrigerate for 24 hours and up to 48 hours.
- ☐ Remove the wrap and allow the roast to rest while you preheat a well-oiled grill to medium-high heat.
- ☐ Add the roast and cook for 9 minutes, turn, repeat and check the temperature. Once 90 degrees F is achieved, turn the middle burner to high and sear all sides of the roast.
- ☐ Remove from the grill and allow to rest for 10 to 15 minutes, loosely covered with aluminum foil.
- ☐ Slice across the grain in thin (1/8-inch) pieces, drizzle any juices that have accumulated back onto the sliced meat and serve immediately.
- ☐ In a small saucepan over medium-high heat, add the seeds and toast for 2 to 3 minutes.
- ☐ Add the oil, reduce the heat to low and cook for 5 to 6 minutes. The oil will become bright orange. Immediately remove from the heat, cool and strain. Store the oil in a glass container in the refrigerator. The oil will keep for several months.

Nutrition Facts



 **PROTEIN 42.47%**  **FAT 41.97%**  **CARBS 15.56%**

Properties

Glycemic Index:22.85, Glycemic Load:5.56, Inflammation Score:-4, Nutrition Score:29.572608823362%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 463.18kcal (23.16%), Fat: 21.67g (33.34%), Saturated Fat: 6.87g (42.97%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 14.28g (5.19%), Sugar: 4.25g (4.73%), Cholesterol: 147.42mg (49.14%), Sodium: 3614.62mg (157.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.34g (98.68%), Manganese: 1.92mg (96.18%), Selenium: 57.58µg (82.26%), Vitamin B6: 1.52mg (75.78%), Vitamin B3: 12.76mg (63.8%), Zinc: 8.41mg (56.04%), Phosphorus: 489.13mg (48.91%), Vitamin B12: 2.22µg (37.04%), Iron: 5.08mg (28.2%), Potassium: 980.76mg (28.02%), Vitamin K: 27.1µg (25.81%), Copper: 0.39mg (19.57%), Magnesium: 75.08mg (18.77%), Vitamin B2: 0.29mg (17.33%), Vitamin B5: 1.6mg (15.98%), Fiber: 3.8g (15.21%), Vitamin B1: 0.22mg (14.42%), Calcium: 137.48mg (13.75%), Vitamin E: 1.52mg (10.13%), Folate: 28.78µg (7.19%), Vitamin C: 3.57mg (4.32%), Vitamin A: 72.92IU (1.46%)