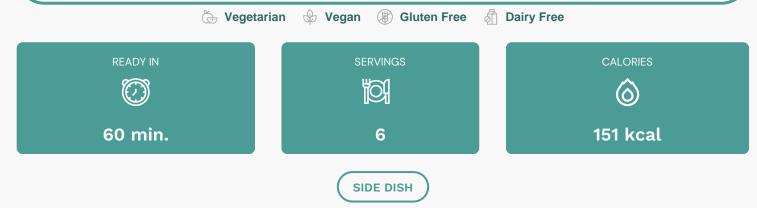


Spicy Grilled Tri-Tip with a Trio of Salsa



Ingredients

i tablespoon pepper black freshly ground
2 teaspoon cayenne pepper
6 servings grilled corn salsa (see recipe section)
3 clove garlic minced peeled to taste (or)
4 tablespoon sea salt
O.5 teaspoon ground cumin
4 tablespoon kosher salt
1 teaspoon onion nowder

	0.5 cup red wine vinegar
	6 servings spicy tomatillo avocado salsa (see recipe section)
	0.5 cup vegetable oil
Equipment	
	bowl
	whisk
	grill
Di	rections
	Heat a grill til coals are white and faintly glowing.Prepare Seasoning
	Whisk together vinegar, oil and minced garlic in another small bowl. Set aside to infuse at least 20 minutes. Prepare the Tri-Tips: Coat both sides of the tri-tips with half of the seasoning mixture, rubbing it in as you would a dry rub.
	Let rest for 30 minutes at room temperature.
	Place the tri-tips over a low temperature fire, 1 with fat side up, and the other with fat side down. Turn as the first side gets crispy, approximately 6 to 8 minutes. Be careful of flare-ups, as the dripping fat will fuel the fire. Turn the tri-tips before the heat pushes juices out the top, and continue to turn using this timing method throughout the cooking process. After turning, baste with sauce and season lightly, 4 times per side. Continue turning until the tri-tips are cooked to your liking.
	Remove from fire and let rest for 10 minutes before cutting into ½-inch slices against the grain.
	Serve warm or room temperature with the trio of salsas passed at the table.
	Nutrition Facts
	PROTEIN 9 69/ EAT 20 909/ CARRS 50 549/
	PROTEIN 9.6% FAT 30.89% CARBS 59.51%

Properties

Glycemic Index:26.58, Glycemic Load:8.44, Inflammation Score:-6, Nutrition Score:6.6608695569246%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 151.14kcal (7.56%), Fat: 5.52g (8.5%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 21.08g (7.66%), Sugar: 5.74g (6.38%), Cholesterol: Omg (0%), Sodium: 4887.78mg (212.51%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.86g (7.72%), Manganese: 0.38mg (18.89%), Vitamin A: 687.63IU (13.75%), Vitamin B6: 0.24mg (11.81%), Fiber: 2.86g (11.45%), Potassium: 344.17mg (9.83%), Phosphorus: 90.7mg (9.07%), Vitamin K: 9.23µg (8.79%), Vitamin C: 6.68mg (8.1%), Magnesium: 29.13mg (7.28%), Vitamin B3: 1.43mg (7.14%), Vitamin B1: 0.1mg (6.91%), Vitamin B5: 0.67mg (6.75%), Iron: 1.08mg (5.98%), Folate: 21.37µg (5.34%), Zinc: 0.72mg (4.81%), Copper: 0.1mg (4.77%), Vitamin E: 0.62mg (4.13%), Vitamin B2: 0.06mg (3.64%), Selenium: 1.82µg (2.6%), Calcium: 21.56mg (2.16%)