



## Spicy Grilled Tri-Tip with a Trio of Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

### Ingredients

- 1 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
- 0.5 teaspoon ground cumin
- 4 tablespoon kosher salt
- 1 teaspoon onion powder

- 0.5 cup red wine vinegar
- 6 servings spicy tomatillo avocado salsa (see recipe section)
- 0.5 cup vegetable oil

## Equipment

- bowl
- whisk
- grill

## Directions

- 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



## 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, 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: 0mg (0%), Sodium: 4887.78mg (212.51%), Alcohol: 0g (100%), Alcohol %: 0% (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%)