



Tri-Tip



Gluten Free



Dairy Free

READY IN



205 min.

SERVINGS



20

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons pepper black
- ☐ 3 tablespoons pepper flakes
- ☐ 3 tablespoons cilantro leaves
- ☐ 3 tablespoons cumin
- ☐ 3 tablespoons garlic
- ☐ 3 tablespoons onion salt
- ☐ 3 tablespoons salt
- ☐ 10 pounds tri-tip

☐ 3 tablespoons worcestershire sauce

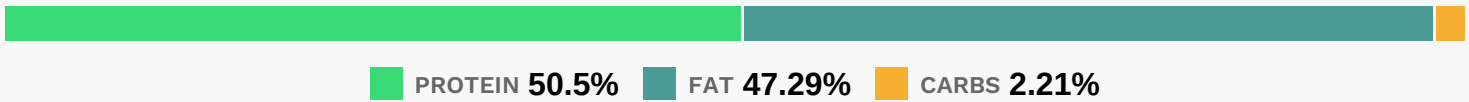
Equipment

☐ grill

Directions

☐ Marinate tri-tip with dry rub and place on grill. Sear both sides then grill over low heat.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:21.630869435227%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 384.51kcal (19.23%), Fat: 19.64g (30.21%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.41g (0.46%), Cholesterol: 149.69mg (49.9%), Sodium: 2246.14mg (97.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.18g (94.37%), Selenium: 52.68µg (75.26%), Vitamin B3: 13.91mg (69.56%), Vitamin B6: 1.31mg (65.49%), Zinc: 8.2mg (54.69%), Phosphorus: 438.92mg (43.89%), Vitamin B12: 2.4µg (40.07%), Iron: 4.26mg (23.68%), Potassium: 780.2mg (22.29%), Vitamin B2: 0.24mg (14%), Vitamin B5: 1.37mg (13.72%), Magnesium: 53.68mg (13.42%), Vitamin B1: 0.16mg (10.51%), Manganese: 0.2mg (9.98%), Copper: 0.19mg (9.59%), Calcium: 75.62mg (7.56%), Folate: 25.99µg (6.5%), Vitamin E: 0.79mg (5.23%), Vitamin C: 4.02mg (4.88%), Vitamin K: 5.02µg (4.78%), Fiber: 0.38g (1.53%)