

Tri-Tip Rub

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



383 kcal

SEASONING

MARINADE

Ingredients

- 3 tablespoons garlic powder
- 2 tablespoons ground pepper black
- 2 tablespoons salt
- 2 pounds tri-tip beef roast

Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- In a medium bowl, combine garlic powder, salt and pepper.
- Mix together and coat both sides of tri tip.
- Sear both sides on hot grill then cook 20–25 minutes or until center is light pink. Slice at an angle.

Nutrition Facts

PROTEIN 51.24% **FAT 42.07%** **CARBS 6.69%**

Properties

Glycemic Index:9.25, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:22.814347824325%

Nutrients (% of daily need)

Calories: 383.46kcal (19.17%), Fat: 17.56g (27.01%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 4.98g (1.81%), Sugar: 0.17g (0.18%), Cholesterol: 147.42mg (49.14%), Sodium: 3612.62mg (157.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.12g (96.23%), Selenium: 56.25µg (80.35%), Vitamin B6: 1.4mg (70.04%), Vitamin B3: 12.59mg (62.96%), Zinc: 8.25mg (55.02%), Phosphorus: 469.56mg (46.96%), Vitamin B12: 2.22µg (37.04%), Potassium: 840.19mg (24.01%), Manganese: 0.47mg (23.65%), Iron: 4.08mg (22.69%), Vitamin B2: 0.27mg (15.76%), Magnesium: 57.47mg (14.37%), Vitamin B5: 1.41mg (14.13%), Vitamin B1: 0.2mg (13.14%), Copper: 0.24mg (12.01%), Calcium: 74.62mg (7.46%), Vitamin K: 7.66µg (7.29%), Folate: 28.28µg (7.07%), Fiber: 1.3g (5.2%), Vitamin E: 0.77mg (5.16%)