



Tri-Tip with Chipotle Rub



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings kosher salt
- 2 pound tri-tip beef thick (2")

Equipment

- grill

Directions

- Sprinkle tri-tip with kosher salt. Massage Chipotle

- Rub into meat.
- Let steak sit at room temperature for 1 hour or refrigerate uncovered overnight. Bring to room temperature before grilling.
- Build a two-zone fire in a charcoal grill, or preheat a gas grill to medium-high. Cook 3–4 minutes per side over direct heat until nicely charred.
- Transfer to low-heat side (or lower gas grill heat to medium) and cook an additional 6–8 minutes per side or until an instant-read thermometer registers 120°F for rare (steak will carry over to 125°F, or medium-rare, as it rests).
- Transfer meat to a carving board; let rest for 10 minutes. Thinly slice against the grain.

Nutrition Facts

PROTEIN 51.76%

FAT 48.24%

CARBS 0%

Properties

Glycemic Index: 0, Glycemic Load: 0, Inflammation Score: -1, Nutrition Score: 13.371739242388%

Nutrients (% of daily need)

Calories: 249.48kcal (12.47%), Fat: 12.93g (19.89%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 99.79mg (33.26%), Sodium: 272.41mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.41%), Selenium: 34.93µg (49.9%), Vitamin B3: 9.2mg (46.02%), Vitamin B6: 0.85mg (42.56%), Zinc: 5.41mg (36.09%), Phosphorus: 285.76mg (28.58%), Vitamin B12: 1.6µg (26.71%), Potassium: 479.34mg (13.7%), Iron: 2.25mg (12.52%), Vitamin B5: 0.9mg (8.98%), Vitamin B2: 0.15mg (8.89%), Magnesium: 31.76mg (7.94%), Vitamin B1: 0.1mg (6.45%), Copper: 0.11mg (5.3%), Folate: 16.63µg (4.16%), Calcium: 37.92mg (3.79%), Vitamin E: 0.48mg (3.23%), Vitamin K: 1.97µg (1.87%)