



## Wood-Smoked Tri-Tip with Sicilian Herb Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

### Ingredients

- 1 teaspoon kosher salt
- 3 tablespoons thyme sprigs fresh
- 2 garlic clove peeled
- 2 tablespoons juice of lemon fresh
- 0.5 cup olive oil extra virgin extra-virgin
- 1.5 teaspoons oregano dried
- 3 cups fries drained
- 1 bacon

## Equipment

- bowl
- grill
- kitchen thermometer
- aluminum foil

## Directions

- Blend thyme leaves, garlic cloves, dried oregano, and coarse salt in mini processor until garlic is finely chopped. With processor running, gradually add lemon juice, then olive oil. Season herb sauce to taste with pepper and transfer to bowl. DO AHEAD Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.
- Sprinkle roast generously on both sides with salt and freshly ground black pepper.
- Let stand at least 30 minutes and up to 2 hours.
- Prepare barbecue (medium-high heat).
- Wrap wood chips in foil; pierce foil all over with fork.
- Remove top grill rack, place foil packet directly on burner, and replace grill rack.
- Place roast over packet and grill uncovered 6 minutes (wood in foil will begin to smoke). Turn roast over. Move to spot on grill where heat is indirect and medium-hot. Cover grill and cook until thermometer inserted into thickest part of roast registers 128°F to 135°F for medium-rare, turning roast occasionally, about 13 minutes.
- Sprinkle wood chips over coals and place roast on rack. Cook roast uncovered 7 minutes. Turn roast over. Move roast to spot on grill where heat is indirect and medium-hot. Cover grill and cook until thermometer inserted into thickest part of roast registers 128°F to 135°F for medium-rare, turning roast occasionally, about 13 minutes.
- Transfer roast to platter.
- Let stand 10 minutes. Thinly slice roast across grain.
- Serve, passing sauce separately.

## Nutrition Facts



■ PROTEIN 4.14% ■ FAT 53.85% ■ CARBS 42.01%

## Properties

Glycemic Index:24.06, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:7.859565190647%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 347.04kcal (17.35%), Fat: 21.39g (32.91%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 31.48g (11.45%), Sugar: 0.16g (0.17%), Cholesterol: 0mg (0%), Sodium: 971.29mg (42.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.41%), Fiber: 6.06g (24.25%), Manganese: 0.37mg (18.6%), Vitamin C: 15.31mg (18.56%), Potassium: 545.56mg (15.59%), Vitamin B3: 2.75mg (13.75%), Iron: 2.4mg (13.34%), Vitamin B6: 0.25mg (12.25%), Phosphorus: 97.47mg (9.75%), Folate: 29.81µg (7.45%), Magnesium: 28.8mg (7.2%), Vitamin B5: 0.67mg (6.7%), Vitamin B1: 0.09mg (6.22%), Vitamin K: 5.29µg (5.04%), Vitamin E: 0.62mg (4.12%), Calcium: 35.19mg (3.52%), Vitamin A: 175.18IU (3.5%), Vitamin B2: 0.06mg (3.39%), Copper: 0.06mg (3.23%), Zinc: 0.48mg (3.22%), Selenium: 0.76µg (1.09%)