

# Creamy Sandwich Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



515 min.

SERVINGS



9

CALORIES



180 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 16 ounce creamy salad dressing miracle whip® (such as )
- 8 ounce relish sweet
- 0.3 cup thousand island salad dressing kraft® (such as )

## Equipment

- bowl
- colander

## Directions

- Place the pickle relish into a colander set in the sink, and allow it to drain for about 30 minutes.
- Mix the drained relish, creamy salad dressing, and thousand island dressing in a large bowl until thoroughly combined.
- Place into a 1-quart jar, and refrigerate overnight to blend flavors.

## Nutrition Facts

**PROTEIN 0.82%** **FAT 64.5%** **CARBS 34.68%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.0521739961013%

## Nutrients (% of daily need)

Calories: 180.04kcal (9%), Fat: 13.19g (20.29%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 15.62g (5.68%), Sugar: 13.83g (15.37%), Cholesterol: 1.81mg (0.6%), Sodium: 771.64mg (33.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin K: 54.14µg (51.56%), Vitamin E: 1.53mg (10.18%), Vitamin B1: 0.11mg (7.34%), Vitamin A: 339.73IU (6.79%), Iron: 0.43mg (2.4%), Vitamin B6: 0.04mg (1.8%), Potassium: 56.07mg (1.6%), Selenium: 1.11µg (1.59%), Copper: 0.03mg (1.55%), Fiber: 0.33g (1.33%), Phosphorus: 12.96mg (1.3%), Manganese: 0.02mg (1.1%), Magnesium: 4.34mg (1.08%)