



## Homemade Thousand Island Dressing

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



43 kcal

SIDE DISH

### Ingredients

- 4 servings catsup
- 4 servings mayonnaise
- 4 servings relish (we like the mustard kick in hot dog relish)

### Equipment

- bowl

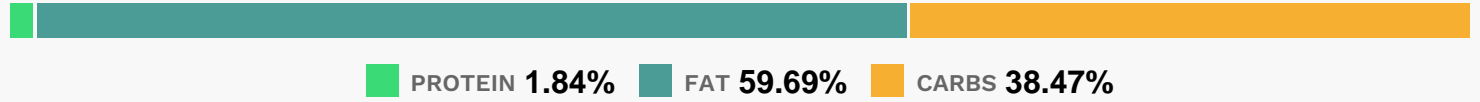
### Directions

Combine all ingredients together in a medium bowl. Cover and refrigerate for up to a week. More homemade condiments on Food Republic: Easy Tzatziki Sauce

Caramelized Onion Butter

Parsley and Lemon Pesto

## Nutrition Facts



## Properties

Glycemic Index: 12.5, Glycemic Load: 0.01, Inflammation Score: -1, Nutrition Score: 0.92217390449799%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 43.26kcal (2.16%), Fat: 3.01g (4.63%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.31g (1.57%), Sugar: 3.22g (3.58%), Cholesterol: 1.68mg (0.56%), Sodium: 172.36mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin K: 6.97µg (6.64%), Vitamin E: 0.35mg (2.33%), Vitamin A: 81.22IU (1.62%), Vitamin B2: 0.03mg (1.53%), Potassium: 43.73mg (1.25%), Vitamin B6: 0.02mg (1.21%), Vitamin B3: 0.22mg (1.1%)