

Spicy Thousand Island Sauce



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

5 min.

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SERVINGS

servings

11

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CALORIES

calories

243 kcal

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SAUCE

Ingredients



0.3 cup dill relish



1 hardboiled egg crushed finely



11 servings hot sauce



1 cup catsup



1 tablespoon juice of lemon



1 teaspoon lemon zest



1.5 cups mayonnaise



0.5 teaspoon paula deen house seasoning

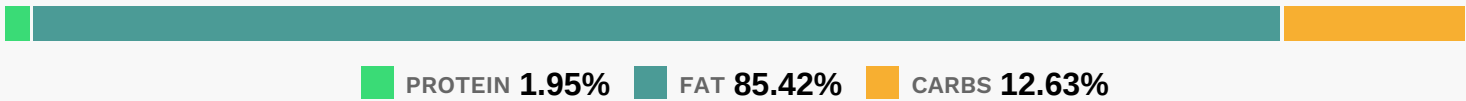
Equipment

☐ bowl

Directions

☐ In a medium bowl, mix the mayonnaise, ketchup, relish, House Seasoning, hot sauce, to taste, the egg, lemon zest and lemon juice. Store in an airtight container and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:4.1982609292735%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 242.83kcal (12.14%), Fat: 23.39g (35.99%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.51g (2.73%), Sugar: 4.92g (5.47%), Cholesterol: 29.78mg (9.93%), Sodium: 460.72mg (20.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin K: 51.85µg (49.38%), Vitamin E: 1.41mg (9.41%), Vitamin B2: 0.07mg (4.07%), Vitamin A: 168.82IU (3.38%), Selenium: 2.27µg (3.24%), Potassium: 82.13mg (2.35%), Vitamin B6: 0.05mg (2.33%), Phosphorus: 22.6mg (2.26%), Vitamin C: 1.79mg (2.17%), Iron: 0.35mg (1.94%), Manganese: 0.04mg (1.86%), Vitamin B3: 0.36mg (1.78%), Folate: 6.38µg (1.59%), Copper: 0.03mg (1.57%), Vitamin B12: 0.09µg (1.45%), Magnesium: 5.37mg (1.34%), Vitamin B5: 0.13mg (1.31%), Calcium: 12.18mg (1.22%), Vitamin D: 0.16µg (1.07%), Fiber: 0.27g (1.07%)