

SIDE DISH

Thousand Island Dressing

21 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
20 min	20 min	5	\$0.36	259 kcal



You can never have too many side dish recipes, so give Thousand Island Dressing a try. One portion of this dish contains approximately 1g of protein, 26g of fat, and a total of 259 calories. This gluten free, dairy free, and lacto ovo vegetarian recipe serves 5 and costs 36 cents per serving.

Ingredients

- ☐ 5 servings Freshly ground black pepper
- ☐ ½ clove garlic, minced
- ☐ 2 tablespoons ketchup
- ☐ ¾ cup prepared or homemade mayonnaise
- ☐ 2 teaspoons sweet pickle relish
- ☐ ¼ cup bottled chili sauce
- ☐ ½ hard-cooked large egg, pushed through a sieve or finely chopped
- ☐ ¼ teaspoon kosher salt plus more to taste
- ☐ 1½ tablespoons minced onion

EQUIPMENT Whisk, Mixing bowl, Chefs knife

Method

- 1

Make a paste with the garlic and 1/4 teaspoon of the salt by crushing them with the side of a chef's knife. In a small mixing bowl, whisk together the garlic, mayonnaise, chili sauce, ketchup, onion, relish and egg until combined. Season with salt and pepper to taste. Use now or store covered in the refrigerator for up to 2 days.

Nutrition per serving			
	259 KCAL	1 g PROTEIN	26 g FAT
Saturated Fat			6 g CARBS
Fibre			4.1 g · 26% of daily needs
Sugar			0.5 g · 2% of daily needs
Sodium			4.1 g · 5% of daily needs
Cholesterol			590 mg · 26% of daily needs
Vitamin C			32.8 mg · 11% of daily needs
			2.8 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/thousand-island-dressing-144370