



Thousand Island Dressing



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olives green finely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 jalapeño finely chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons ground mustard
- ☐ 0.5 cup onion finely chopped
- ☐ 1 tablespoon relish sweet
- ☐ 1 cup yogurt plain

- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons tomato sauce
- ☐ 2 tablespoons vegetable oil

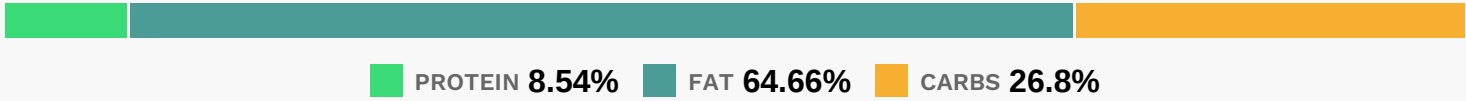
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl combine yogurt, vegetable oil, tomato sauce, lemon juice, mustard powder, sugar, salt, and pepper.
- ☐ Whisk together until blended.
- ☐ Add onion, sweet relish, olives, and jalapeno and whisk to combine evenly. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:2.2186956541694%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 64.28kcal (3.21%), Fat: 4.78g (7.35%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.13g (3.47%), Cholesterol: 3.98mg (1.33%), Sodium: 359.17mg (15.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 7.03µg (6.69%), Vitamin C: 3.77mg (4.57%), Calcium: 42.85mg (4.29%), Phosphorus: 38.69mg (3.87%), Vitamin E: 0.48mg (3.21%), Vitamin B2: 0.05mg

(3.09%), Selenium: 1.82µg (2.6%), Potassium: 86.15mg (2.46%), Manganese: 0.05mg (2.46%), Magnesium: 8.11mg (2.03%), Vitamin B12: 0.11µg (1.89%), Vitamin B6: 0.04mg (1.82%), Fiber: 0.43g (1.73%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.56%), Folate: 5.98µg (1.5%), Vitamin A: 73.6IU (1.47%), Vitamin B1: 0.02mg (1.37%)