

# Thousand Island Dressing I

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**2**

CALORIES



**111 kcal**

**SIDE DISH**

## Ingredients

- 0.5 dill pickles
- 0.5 teaspoon evaporated milk
- 1 pinch garlic powder
- 1.5 tablespoons catsup
- 2 tablespoons mayonnaise
- 1 dash worcestershire sauce

## Equipment

- bowl

whisk

## Directions

In a small bowl, whisk together the mayonnaise and evaporated milk until smooth.

Mix in ketchup, Worcestershire sauce and garlic powder, and whisk until well blended. Chop dill pickle and gently stir it into the mixture. Refrigerate or serve immediately.

## Nutrition Facts



**PROTEIN 1.5%** **FAT 85.19%** **CARBS 13.31%**

## Properties

Glycemic Index:27.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1147826132567%

## Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 110.73kcal (5.54%), Fat: 10.65g (16.38%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.86g (3.18%), Cholesterol: 6.24mg (2.08%), Sodium: 330.07mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin K: 25.9µg (24.67%), Vitamin E: 0.65mg (4.3%), Vitamin B2: 0.04mg (2.07%), Vitamin A: 99.89IU (2%), Potassium: 60.94mg (1.74%), Calcium: 15.37mg (1.54%), Vitamin B6: 0.03mg (1.29%), Phosphorus: 11.47mg (1.15%), Vitamin C: 0.89mg (1.08%), Manganese: 0.02mg (1.02%)