



Thousand Island Dressing I

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



111 kcal

SIDE DISH

Ingredients

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

Equipment

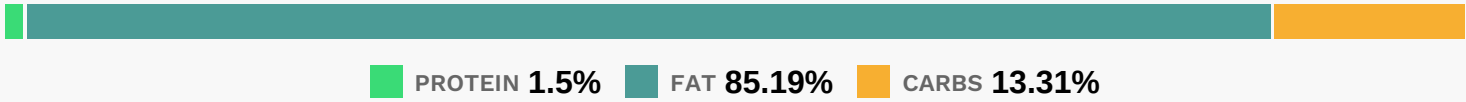
- ☐ bowl

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



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%)