




Thousand Island Dressing II

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

Ingredients

- 1 pinch pepper black
- 0.5 cup catsup
- 1 cup mayonnaise
- 1 pinch salt
- 1 cup pickle relish sweet

Equipment

- bowl

Directions

- In a small bowl, mix together the mayonnaise, ketchup, relish, salt and pepper until thoroughly combined, and serve.

Nutrition Facts

PROTEIN 0.86% **FAT 75.31%** **CARBS 23.83%**

Properties

Glycemic Index:13.67, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:6.3086955871271%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 327.19kcal (16.36%), Fat: 28.14g (43.29%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.52g (7.1%), Sugar: 16.36g (18.17%), Cholesterol: 15.68mg (5.23%), Sodium: 756.09mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 95.7µg (91.14%), Vitamin A: 624.31IU (12.49%), Vitamin E: 1.75mg (11.69%), Vitamin B2: 0.05mg (3.16%), Copper: 0.06mg (2.95%), Iron: 0.51mg (2.81%), Potassium: 74.1mg (2.12%), Fiber: 0.51g (2.05%), Vitamin B6: 0.04mg (2.04%), Vitamin B3: 0.38mg (1.91%), Phosphorus: 18.78mg (1.88%), Manganese: 0.03mg (1.53%), Vitamin C: 1.23mg (1.49%), Selenium: 1µg (1.43%), Magnesium: 5.04mg (1.26%), Folate: 4.08µg (1.02%)