



## 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 ground pepper black
- ☐ 0.5 cup catsup
- ☐ 1 cup mayonnaise
- ☐ 1 pinch salt
- ☐ 1 cup relish sweet

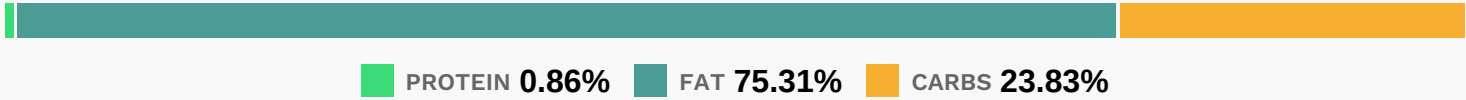
### Equipment

- ☐ bowl

## Directions

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

## Nutrition Facts



## 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%)