



## Thousand Island Dressing III

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

### Ingredients

- 2 tablespoons chili sauce
- 2 tablespoons bell pepper green minced
- 1 cup mayonnaise
- 2 tablespoons pimento minced
- 2 tablespoons pickle sweet minced

### Equipment

## Directions

- Mix together the mayonnaise, chili sauce, green pepper, pimento and pickle. Chill until ready to serve.

## Nutrition Facts

**PROTEIN 0.91%** **FAT 95.01%** **CARBS 4.08%**

## Properties

Glycemic Index:17.5, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:4.457826041657%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 264.97kcal (13.25%), Fat: 27.98g (43.05%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.37g (0.86%), Sugar: 2.02g (2.24%), Cholesterol: 15.68mg (5.23%), Sodium: 327.53mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin K: 64.17µg (61.12%), Vitamin C: 8.53mg (10.34%), Vitamin E: 1.39mg (9.28%), Vitamin A: 240.14IU (4.8%), Vitamin B6: 0.03mg (1.61%), Iron: 0.24mg (1.36%), Fiber: 0.34g (1.35%), Selenium: 0.92µg (1.32%), Potassium: 45.97mg (1.31%), Phosphorus: 13mg (1.3%)