



Healthdor

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## 1000 Island Without Mayo and Oil ♦

A healthier version of the classic 1000 Island dressing without mayo and oil. This dressing is perfect for salads, sandwiches, and burgers.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

100 g	Greek yogurt
50 g	ketchup
30 g	dill pickle relish
10 ml	white vinegar
5 g	Onion powder
5 g	Garlic powder

2 g	Salt
2 g	Black pepper
2 g	Paprika

## Directions

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### Step 1

#### Mixing

In a bowl, mix together Greek yogurt, ketchup, dill pickle relish, white vinegar, onion powder, garlic powder, salt, black pepper, and paprika.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 50 kcal

**Fat:** 0 g

**Protein:** 3 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	30 mg	3%	3%
Iron	1 mg	12.5%	5.56%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Cuisines

Italian Chinese Indian Mexican French Thai Japanese  
Mediterranean Greek Spanish German Korean Vietnamese American  
Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Sauces & Dressings

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

### Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Medium

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