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## Thousand Islands Salad Dressing

Thousand Islands Salad Dressing is a classic dressing made with mayonnaise, ketchup, and various other ingredients. It is commonly used as a dressing for salads and as a condiment for sandwiches and burgers.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 10

**Serving Size:** 25 g

### Ingredients

<b>200 g</b>	mayonnaise
<b>50 g</b>	ketchup
<b>50 g</b>	sweet pickle relish
<b>10 g</b>	white onion, finely chopped
<b>10 ml</b>	white vinegar

5 g	sugar
2 g	salt
1 g	black pepper

## Directions

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### Step 1

#### Mixing

In a mixing bowl, combine mayonnaise, ketchup, sweet pickle relish, white onion, white vinegar, sugar, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Whipping

Whisk until well combined and smooth.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Refrigerating

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

**Prep Time:** 0 mins

**Cook Time:** 60 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 10 g

**Protein:** 0 g

**Carbohydrates:** 4 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	2 mg	2.22%	2.67%
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	150 mg	6.52%	6.52%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	10 mg	0.29%	0.38%
Zinc	0 mg	0%	0%
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

### Meal Type

Lunch Dinner Snack

### Course

Salads Soups Snacks Sauces & Dressings

### Difficulty Level

Easy

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