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1000 Island Dressing *

1000 Island Dressing is a classic salad dressing made with mayonnaise, ketchup, and various other ingredients. It is typically used as a dressing for salads, sandwiches, and burgers.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: N/A Total Time: 10 mins

Recipe Yield: 100 grams Number of Servings: 10

Serving Size: 10 g

Ingredients

200 g	mayonnaise
100 g	ketchup
50 g	sweet pickle relish
25 g	white onion
10 g	white vinegar

5 g	salt
2 g	pepper

Directions

Step 1



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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well until all the ingredients are fully incorporated.

Prep Time: 0 mins

Cook Time: 0 mins

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: 200 kcal

Fat: 20 g

Protein: 1g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	20 g	71.43%	80%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	1 mg	12.5%	5.56%
Potassium	1 mg	0.03%	0.04%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Picnic

Course

Drinks Sauces & Dressings Snacks

Cuisines

Italian Chinese American

Diet

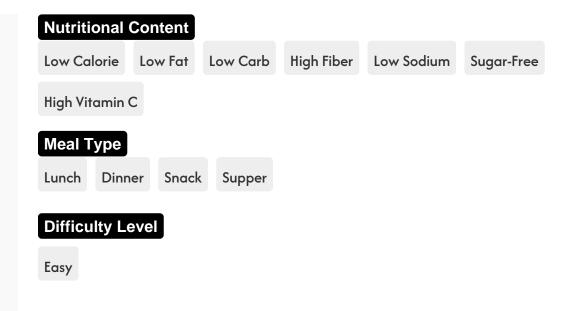
Anti-Inflammatory Diet Gluten-Free Diet Nutrient Timing Diet

Cultural

Cinco de Mayo

Kitchen Tools

Slow Cooker



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