



Healthdor

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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

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### Step 1

#### Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Stirring

Stir well until all the ingredients are fully incorporated.

**Prep Time:** 0 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:** 200 kcal

**Fat:** 20 g

**Protein:** 1 g

**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

## Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Easy

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