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Thousand Island Salad Dressing ♦♦

Thousand Island Salad Dressing is a classic dressing made with mayonnaise, ketchup, and various other ingredients. It is commonly used as a dressing for salads, burgers, and sandwiches. This recipe has a tangy and slightly sweet flavor that complements a variety of dishes.

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

200 g	mayonnaise
100 g	ketchup
50 g	sweet pickle relish
25 g	white onion
10 ml	White Vinegar

10 g	Sugar
5 g	Salt
2 g	Black pepper

Directions

Step 1

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well until all the ingredients are evenly combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate the dressing 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: 3 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	3 g	5.45%	6%
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	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
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%

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

Recipe Attributes

Events

Christmas Easter Thanksgiving Barbecue

Cuisines

Italian Indian Thai Mediterranean American

Course

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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