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## Thousand Island Gourmet ♦♦

Thousand Island Gourmet is a classic dressing made with a blend of mayonnaise, ketchup, and other flavorful ingredients. It is commonly used as a dressing for salads, sandwiches, and burgers. The recipe has a rich history and is loved for its tangy and creamy taste.

**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

<b>1 c</b>	mayonnaise
<b>1 c</b>	ketchup
<b>0.5 c</b>	sweet pickle relish
<b>2 tbsp</b>	white onion
<b>1 tbsp</b>	White Vinegar

<b>1 tbsp</b>	Sugar
<b>0.5 tsp</b>	Salt
<b>0.25 tsp</b>	Black pepper

## Directions

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### 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

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### Step 2

#### Stirring

Stir well until all ingredients are thoroughly combined.

**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:** 90 kcal

**Fat:** 9 g

**Protein:** 0 g

**Carbohydrates:** 2 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	2 g	3.64%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
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	0 mg	0%	0%
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	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

### Cuisines

Italian American Middle Eastern

### Course

Salads Sauces & Dressings

### Cultural

Chinese New Year

### Meal Type

Breakfast Lunch Dinner Snack Brunch Supper

### Nutritional Content

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

### Difficulty Level

Easy

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