

# Thousand Island Dressing

Sauces, Condiments & Dressings, E-06

Ingredients	1 Pint		1 Quart		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing	11 oz	1 1/4 cups 2 Tbsp	1 lb 6 oz	2 3/4 cups	1. Combine salad dressing or mayonnaise and catsup. Blend well.
OR	OR	OR	OR	OR	
Lowfat mayonnaise	11 oz	1 1/4 cups 2 Tbsp	1 lb 6 oz	2 3/4 cups	
Catsup	4 1/4 oz	1/4 cup 2 Tbsp	8 1/2 oz	3/4 cup 1 Tbsp	
Sweet pickle relish, undrained		2 Tbsp		1/4 cup	2. Add pickle relish, onions, chopped eggs (optional), and pimientos (optional). Mix well.
Dehydrated onions		3/4 tsp		1 1/2 tsp	
Fresh large eggs, hard-cooked, peeled, chilled, finely chopped (optional)		1 each		2 each	
					3. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop

4. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.

Canned pimientos, chopped,  
drained (optional)

1 Tbsp

2 Tbsp

5. Stir or shake well before serving. Portion with 1 oz ladle (2 Tbsp).

6. Stir or shake well before serving. Portion with 1 oz ladle (2 Tbsp).

#### Notes

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Serving	Yield	Volume
2 tablespoons (1 oz ladle).	1 Pint: 16 1 oz servings	
	1 Quart: 32 1 oz servings	

**Nutrients Per Serving**

Calories	62	Saturated Fat	1 g	Iron	
Protein		Cholesterol	8 mg	Calcium	4 mg
Carbohydrate	7 g	Vitamin A	89 IU	Sodium	277 mg
Total Fat	4 g	Vitamin C	1 mg	Dietary Fiber	