

Thousand Island Dressing

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 5 ½ oz OR 1 lb 5 ½ oz	2 ¾ cups OR 2 ¾ cups	5 lb 6 oz OR 5 lb 6 oz	2 qt 3 cups OR 2 qt 3 cups	1. Combine salad dressing or mayonnaise and catsup. Blend well.
Catsup	8 ¼ oz	¾ cup 1 Tbsp	2 lb 1 oz	3 ¼ cups	
Sweet pickle relish, undrained	2 ¼ oz	¼ cup	9 oz	1 cup	2. Add pickle relish, onions, chopped eggs (optional), and pimientos (optional). Mix well.
Dehydrated onions		1 ½ tsp	¼ oz	2 Tbsp	
Fresh large eggs, hard-cooked, finely chopped (optional)		2 each		8 each	
Pimientos, chopped (optional)		2 Tbsp	4 oz	½ cup	
					3. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
					4. Stir or shake well before using.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: about 32 1 oz servings	1 Quart: about 1 quart

1 Gallon: about 128 1 oz servings **1 Gallon:** about 1 gallon

Tested 2004

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Nutrients Per Serving					
Calories	61	Saturated Fat	0.59 g	Iron	0.19 mg
Protein	0.26 g	Cholesterol	8 mg	Calcium	4 mg
Carbohydrate	7.02 g	Vitamin A	87 IU	Sodium	271 mg
Total Fat	3.66 g	Vitamin C	1.2 mg	Dietary Fiber	0.3 g