

LOW CALORIE THOUSAND ISLAND DRESSING

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
29 cal	4 g	2 g	1 g	2 mg	242 mg	57 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SAUCE,CHILI	1-3/4 lbs	3-1/4 cup	
MUSTARD,PREPARED	2-1/4 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	9-7/8 oz	1-3/4 cup	11 oz
VINEGAR,DISTILLED	2-1/8 oz	1/4 cup 1/3 tbsp	
SALT	1-1/2 oz	2-1/3 tbsp	
YOGURT,PLAIN,LOWFAT	6-1/2 lbs	3 qts	

Method

- 1 Combine chili sauce, mustard, onions, vinegar, and salt; blend well.
- 2 Add yogurt, stir until well blended.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.