

## Keto Thousand Island Dressing

2 tablespoons apple cider vinegar



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

- 1 cup mayonnaise
- 1/4 cup unsweetened ketchup
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon sugar-free sweetener (such as erythritol or stevia)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped pickles
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped onion

### DIRECTIONS

1. In a medium bowl, whisk together the mayonnaise, ketchup, apple cider vinegar, Dijon mustard, sweetener, garlic powder, onion powder, paprika, salt, and black pepper until well combined.
2. Add in the chopped pickles, red bell pepper, and onion. Stir until evenly distributed.
3. Cover and refrigerate for at least 30 minutes to allow the flavors to meld together.
4. Serve as a dressing for salads, a dip for veggies, or a spread for sandwiches.
5. Tip: For a smoother consistency, you can blend the dressing in a food processor or blender before adding in the chopped vegetables.

### TIPS FOR SUCCESS

For a sweeter dressing, add more sugar-free sweetener to taste.

If you prefer a tangier dressing, increase the amount of apple cider vinegar.

For a spicier dressing, add in a dash of hot sauce or cayenne pepper.

To make this dressing dairy-free, use a dairy-free mayonnaise or Greek yogurt instead of regular mayonnaise.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/keto-thousand-island-dressing/>