

## Fat-Free Thousand Island Dressing



### Nutrition Content per 100 g

<b>Calories</b>	110 kcal
<b>Total Fat</b>	1.5g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	5 mg
<b>Total Carbohydrates</b>	20 g
Dietary Fiber	1 g
Sugars	16 g
<b>Protein</b>	5 g
Calcium	49 mg
Magnesium	13 mg
Phosphorus	24 mg
Potassium	140 mg
Sodium	590 mg
Iron	0 mg
Vitamin A	166 IU
Vitamin C	3 mg

Ingredients	% Weight
<b>Fraction 1a</b>	
Water	50.47
Sugar	10.00
Salt	1.00

<b>Fraction 1b</b>	
Whey protein concentrate, 70% protein (WPC 70)	3.00
Whey protein concentrate, 80% protein (WPC 80)	2.00
Starch, modified	2.00
Xanthan gum	0.10
Guar gum	0.10

<b>Fraction 2</b>	
Oil, vegetable	1.00

<b>Fraction 3</b>	
Pickle, sweet	10.50
Tomato paste	10.50
Vinegar, 12%	5.00
Mustard	2.30
Onion powder	1.50
Flavoring	0.2-1.0

### Procedure

1. Add Fraction 1a to emulsifying equipment.
2. Mix Fraction 1b with part of oil in Fraction 2, then add to Fraction 1a.
3. Homogenize until the optimum viscosity is produced.
4. Emulsify Fraction 2 into Fraction 1.
5. Mix Fraction 3 into the emulsion.