



Zucchini Meatballs



1/4th of recipe (4 meatballs): 203 calories, 6.5g total fat (3g sat fat), 442mg sodium, 7.5g carbs, 1g fiber, 2.5g sugars, 27g protein

Freestyle™ **SmartPoints®** value 4*

Prep: 15 minutes **Cook:** 20 minutes



Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

8 oz. (about 1 medium) zucchini
1 lb. raw extra-lean ground beef (at least 96% lean)
1/3 cup panko breadcrumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
2 tbsp. light/reduced-fat cream cheese

Seasonings:

1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. each salt and black pepper

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

Shred zucchini, and place in a strainer to drain. Using a clean dish towel (or paper towels), press out as much moisture as possible.

Transfer zucchini to a large bowl, and add remaining ingredients and seasonings. Thoroughly mix.

Firmly and evenly form into 16 meatballs, and place on the baking sheet, evenly spaced.

Bake for 10 minutes. Flip meatballs, and bake until cooked through, about 10 more minutes.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.