



Air-Fryer Cheesy Chicken Taquitos



1/4th of recipe (2 taquitos): 234 calories, 6g total fat (2g sat fat), 298mg sodium, 23g carbs, 2g fiber, 2g sugars, 20g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

1/4 cup light/reduced-fat cream cheese
1/3 cup taco sauce
8 oz. cooked and shredded skinless chicken breast
Eight 6-inch corn tortillas

Seasoning:

1/4 tsp. garlic powder

Directions

In a medium bowl, stir cream cheese until smooth. Add taco sauce and garlic powder, and mix until smooth and uniform. Stir in chicken.

Place tortillas between 2 damp paper towels. Microwave for 30 seconds, or until warm and pliable.

Spread a tortilla with 1/8th of the chicken mixture (about 3 tbsp.). Tightly roll up into a tube, and secure with a toothpick. Place seam side down in the air fryer. Repeat to make 7 more taquitos. Spray with nonstick spray.

Set air fryer to 370°F (or the nearest degree). Working in batches as needed, cook until golden brown, about 8 minutes.

MAKES 4 SERVINGS

Oven Alternative: No air fryer? No problem! Bake at 375°F until golden brown, 14–16 minutes.

[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.