



## 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

[Click for WW Points® value\\*](#)

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



More: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#), [Gluten-Free](#)

### 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  
Optional toppings: chopped fresh cilantro, sliced red onion

#### 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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

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

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.