



Mini Mexican Chicken Meatballs



1/6th of recipe (5 meatballs): 144 calories, 2g total fat (0.5g sat fat), 307mg sodium, 7.5g carbs, 0.5g fiber, 1g sugars, 19.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 15 minutes **Cook:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 lb. raw extra-lean ground chicken (at least 98% lean)
1/2 cup finely chopped onion
1/2 cup panko bread crumbs
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1/3 cup chopped fresh cilantro, or more for topping
2 tbsp. light/reduced-fat cream cheese
2 tbsp. taco seasoning
1/4 tsp. cayenne pepper
1/8 tsp. each salt and black pepper
Optional dips: hot sauce, salsa

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, combine all ingredients. Mix thoroughly. Evenly form into 30 meatballs, each about 1 inch in diameter.

Place meatballs on the baking sheet, evenly spaced. Bake until cooked through, 8 - 10 minutes.

MAKES 6 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.)

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