



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

[Click for WW Points® value*](#)

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



More: [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

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

We may have received free product samples, 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. For those on the Diabetic Plan, values may vary.

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.