



Sweet Chili Chicken Meatballs



1/2 of recipe (4 meatballs): 192 calories, 1.5g total fat (<0.5g sat. fat), 412mg sodium, 13g carbs, 0.5g fiber, 8.5g sugars, 26g protein

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

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Ingredients

8 oz. raw extra-lean ground chicken (at least 98% lean)
1/4 cup panko bread crumbs
1/4 cup chopped scallions, or more for topping
1/4 cup canned sliced water chestnuts, drained and finely chopped
2 tbsp. (about 1 large) egg white or liquid egg substitute
2 tbsp. sweet chili sauce, or more for topping
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 dash salt

Directions

Place all ingredients in a medium bowl. Mix thoroughly. Firmly form into 8 meatballs.

Spray an air fryer with non-aerosol nonstick spray. Place meatballs in the air fryer.

Set air fryer to 390°F. Cook meatballs until cooked through, about 10 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake meatballs at 400°F until cooked through, about 16 minutes, flipping halfway through.

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