

Mexican Chicken Meatballs

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-balls-recipe>

Ingredients:

- 1 pound ground chicken breast
- 1 egg
- 1/2 onion medium, finely minced
- 1/2 cup cornmeal
- 2 tablespoons skim milk
- 1 tablespoon paprika
- 2 teaspoons chili powder
- 1 3/4 teaspoons salt
- 1 teaspoon oregano
- 1 teaspoon parsley
- 3/4 teaspoon cumin
- 1/4 teaspoon black pepper ground
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup skim milk
- 4 ounces pepper jack cheese shredded, roughly 1 c
- 2 teaspoons jalapenos diced, optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 185 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 10 grams
8. Sodium: 1340 milligrams
9. Sugar: 5 grams

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