

Taco Meatballs with Dipping Sauce

Tamara Beardsley Choat - Sheridan, IN

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Yield: 16 appetizers

1 can (4 ounce) chopped green chilies
2 tablespoons taco seasoning
1 pound lean ground beef (90% lean)
3 ounces Colby-Monterey Jack cheese,
cut into 16 cubes
1 large egg white
1 tablespoon water
1 2/3 cups nacho-flavored tortilla
chips, crushed

SAUCE

1/2 cup taco sauce
3 tablespoons honey

Preparation Time: 25 minutes

Bake: 15 minutes

Preheat the oven to 400 degrees.

In a large bowl, combine the chilies and taco seasoning. Add the beef. Mix lightly but thoroughly. Divide into sixteen portions. Shape each portion around a cheese cube to cover completely.

In a shallow bowl, whisk the egg white and water. Place the crushed chips in a separate bowl. Dip the meatballs in the egg mixture and then in the crushed chips, patting to help the coating adhere. Place the meatballs on a greased rack in a 15x10x1-inch baking pan.

Bake for 15 to 20 minutes or until cooked through.

In a small microwave-safe bowl, mix the taco sauce and honey. Microwave, covered, on HIGH for 30 to 45 seconds or until heated through. Serve the sauce with the meatballs.

Per Serving (excluding unknown items): 254 Calories; 3g Fat (8.4% calories from fat); 5g Protein; 62g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 570mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 3 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

% Calories from Fat:	8.4%
% Calories from Carbohydrates:	84.3%
% Calories from Protein:	7.3%
Total Fat (g):	3g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	62g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	570mg
Potassium (mg):	439mg
Calcium (mg):	29mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	25mg
Vitamin A (i.u.):	179IU
Vitamin A (r.e.):	18RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	9mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories	254	Calories from Fat: 21
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% Daily Values*

Total Fat	3g	4%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	570mg	24%
Total Carbohydrates	62g	21%
Dietary Fiber	1g	4%
Protein	5g	
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Vitamin A		4%
Vitamin C		42%
Calcium		3%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.