



Taco Meatballs



1/4th of recipe (4 meatballs): 158 calories, 5g total fat (2g sat fat), 356mg sodium, 2.5g carbs, 0g fiber, 0g sugars, 23.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 1 lb. raw extra-lean ground beef
- 2 tbsp. taco seasoning mix

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, thoroughly mix 1 lb. raw extra-lean ground beef with 2 tbsp. taco seasoning mix. Firmly and evenly form into 16 meatballs, and place on a baking sheet, evenly spaced.

Bake for 10 minutes. Flip meatballs, and bake until cooked through, about 5 minutes. Chomp away!

MAKES 4 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.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.