

Buffalo Chicken Meatballs

Ingredients

- 1 lb ground chicken, lean
- 1/4 cup blue cheese crumbles
- 1/2 cup hot sauce, divided
- 1 stalk celery, chopped
- 3/4 cup whole wheat panko bread crumbs

Directions

1. Preheat oven to 425 degrees. Spray a sheet pan with cooking spray.
2. In a large bowl, combine all ingredients except for 1/4 cup hot sauce.
3. Shape into 24 meatballs, place on prepared sheet pan.
4. Cook until meatballs are cooked through, about 20 minutes.
5. Remove from oven and toss with remaining hot sauce.

Nutrition Facts: Serving Size: 4 meatballs; Calories: 150; Total Fat: 4g; Saturated Fat: 1.5g; Sodium: 790 mg; Total Carbohydrate: 8g; Dietary Fiber: 0g; Added Sugars: 0g; Protein: 20g; Vitamin D: 0mcg; Calcium: 40mg; Iron: 1mg; Potassium: 331mg



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