

Cheesy Italian Orzo:

Chloe's Mild Version

PREPERATION:

Combine all ingredients except cheese and water in a freezer bag. Bring apx 1 cup or 250ml of water to a vigorous boil and add to the freezer bag in a Koozie or pour contents into your pot. Mix and then let stand covered for 15 min. Add cheese and eat.

Packaged Weight: 116 grams

Calories per gram: 5.95 Cal

Fuel Consumption: 4 grams

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 691	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 7 mg	2 %
Sodium 200 mg	8 %
Potassium 289 mg	8 %
Total Carbohydrate 143 g	48 %
Dietary Fiber 4 g	18 %
Sugars 4 g	
Protein 24 g	48 %
Vitamin A	3 %
Vitamin C	1 %
Calcium	17 %
Iron	20 %

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