

Cheesy Italian Orzo:

Rob's Spicy Version

PREPERATION:

Combine all ingredients except cheese and water in a freezer bag. Bring apx 1 cup or 250 ml 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: 144 grams

Calories per gram: 5.27 Cal

Fuel Consumption: 4 grams

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 750	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 12 mg	4 %
Sodium 385 mg	16 %
Potassium 325 mg	9 %
Total Carbohydrate 150 g	50 %
Dietary Fiber 5 g	19 %
Sugars 7 g	
Protein 28 g	56 %
Vitamin A	4 %
Vitamin C	5 %
Calcium	17 %
Iron	22 %

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