

**Nutritional Data**

**Product Name:** MannaPack™ Rice (36 – 370 g bags)  
 Fortified Rice and Soy Blend  
**Part Number:** FMSC MEAL 01-6  
**Revision:** 3.0



<b>Nutrition Facts</b>	
6 servings per bag	
<b>Serving Size 1 cup prepared (63.27g)</b>	
Amount Per Serving	<b>212</b>
<b>Calories</b>	
	<small>% Daily Value*</small>
<b>Total Fat</b> 1.6g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 710 mg	<b>31%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 2.7g	<b>11%</b>
Total Sugars 2.2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 2.5mcg <b>25%</b>	Folate <b>35%</b>
Calcium 352mg <b>25%</b>	Vitamin B12 <b>25%</b>
Iron 4.5mg <b>25%</b>	Biotin <b>20%</b>
Potassium 356mg <b>8%</b>	Pantothenic Acid <b>10%</b>
Vitamin A <b>26%</b>	Phosphorus <b>12%</b>
Vitamin C <b>17%</b>	Iodine <b>30%</b>
Vitamin E <b>17%</b>	Magnesium <b>21%</b>
Thiamin <b>28%</b>	Zinc <b>31%</b>
Riboflavin <b>25%</b>	Copper <b>25%</b>
Niacin <b>30%</b>	Manganese <b>21%</b>
Vitamin B6 <b>23%</b>	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Revision History**

Rev. #	Description of Change	Revision Date	Effective Date	Initials
1.0	Initial release		07/25/2018	MK
2.5	Vitamin Premix updated: WHO standard	03/14/2019	03/18/2019	MK
2.6	Updated name description	04/01/2020	04/01/2020	MK
3.0	Soy Optimization Project – nutrition updated	07/17/2023	07/17/2023	JH