

Nutritional Data

Product Name: MannaPack® Rice (14 – 1 kg bags)
 Fortified Rice and Soy Protein Meal Package
Part Number: FMSC MEAL 01-7
Revision: 1.0



Nutrition Facts	
16 servings per bag	
Serving Size 1 cup prepared (63.27g)	
Amount Per Serving	
Calories	212
% Daily Value*	
Total Fat 1.6g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%
Total Carbohydrate 42g	14%
Dietary Fiber 2.7g	11%
Total Sugars 2.2g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 2.5mcg 25%	Folate 35%
Calcium 352mg 25%	Vitamin B12 25%
Iron 4.5mg 25%	Biotin 20%
Potassium 356mg 8%	Pantothenic Acid 10%
Vitamin A 26%	Phosphorus 12%
Vitamin C 17%	Iodine 30%
Vitamin E 17%	Magnesium 21%
Thiamin 28%	Zinc 31%
Riboflavin 25%	Copper 25%
Niacin 30%	Manganese 21%
Vitamin B6 23%	

* 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.

Revision History

Rev. #	Description of Change	Revision Date	Effective Date	Initials
1.0	Initial release		03/17/2023	MK