

Nutritional Data

Product Name: MannaPack® Rice (4 – 4.1 kg bag)
Fortified Rice and Soy Protein Meal
Part Number: Package FMSC MEAL 01-9
Revision: 1.0



Nutrition Facts

Servings Per Bag: 65

Serving Size: 1/2 cup (63.27g) 1 cup prepared

Servings Per Box: 260

Amount Per Serving

Calories 212 Calories from Fat 10

% 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%

*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less Than		65g	80g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Revision History

Rev. #	Description of Change	Revision Date	Effective Date	Initials
1.0	Initial release		09/03/2024	AT

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Feed My Starving Children

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