

## Nutritional Data

**Product Name:** MannaPack™ Rice (1 – 16.6 kg bag)  
Fortified Rice and Soy Protein Meal Package  
**Part Number:** FMSC MEAL 01-3  
**Revision:** 1.0



| <b>Nutrition Facts</b>   |                             |
|--|-----------------------------|
| 260 servings per bag   |                             |
| <b>Serving Size:</b>   | <b>1 cup prepared (64g)</b> |
| Amount Per Serving   |                             |
| <b>Calories</b>  | <b>210</b>                  |
| <b>% Daily Value*</b>  |                             |
| <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> 709mg  | <b>30%</b>                  |
| <b>Total Carbohydrate</b> 42g  | <b>14%</b>                  |
| Dietary Fiber 3.2g   | <b>13%</b>                  |
| Sugars 2g  |                             |
| Includes 0g Added Sugars   | <b>0%</b>                   |
| <b>Protein</b> 11.4g   | <b>23%</b>                  |
| Vitamin D 2.5mcg <b>25%</b>  | Iron 4.7mg <b>26%</b>       |
| Calcium 360mg <b>28%</b>   | Potassium 423mg <b>12%</b>  |
| *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       |               | 03/24/2020     | MK       |