

Nutritional Data

Product Name: MannaPack™ Rice
Fortified Rice and Soy Protein Meal Package
Part Number: FMSC MEAL 01-2 MannaPack Rice (36 – 375 g bags)
Revision: 2.6



Nutrition Facts	
6 servings per bag	
Serving Size	1 cup prepared (64g)
Amount Per Serving	210
Calories	
Total Fat 1.6g	% Daily Value* 2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 709mg	30%
Total Carbohydrate 42g	14%
Dietary Fiber 3.2g	13%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11.4g	23%
Vitamin D 2.5mcg 25%	Folate 37%
Calcium 360mg 28%	Vitamin B12 25%
Iron 4.7mg 26%	Biotin 20%
Potassium 423mg 12%	Pantothenic Acid 9%
Vitamin A 25%	Phosphorus 14%
Vitamin C 17%	Iodine 30%
Vitamin E 17%	Magnesium 23%
Thiamin 28%	Zinc 31%
Riboflavin 25%	Copper 28%
Niacin 30%	Manganese 20%
Vitamin B6 22%	
*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		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

Feed My Starving Children
401 93rd Ave NW Coon Rapids, MN 55433
Phone: 763.504.2919 Fax: 763.504.5235 www.fmsc.org