

## Nutritional Data

**Product Name:** MannaPack® Rice (1 – 16.4 kg bag)  
Fortified Rice and Soy Protein Meal  
**Part Number:** Package FMSC MEAL 01-8  
**Revision:** 1.0



# Nutrition Facts

260 servings per bag

**Serving Size** 1 cup prepared (64g)

Amount Per Serving

**Calories** 210

	% Daily Value*
<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>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11.4g	<b>23%</b>
<hr/>	
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		03/01/2023	MK