

**Nutritional Data**

**Product Name:** MannaPack® Rice (1 – 16.4 kg bag)  
 Fortified Rice and Soy Protein Meal  
**Part Number:** Package FMSC MEAL 01-10  
**Revision:** 1.0



<b>Nutrition Facts</b>			
Servings Per Bag: 260			
Serving Size: 1/2 cup (63.27g) 1 cup prepared			
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		09/15/2024	AT

**Feed My Starving Children**  
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