Rate of missing in Mplus is B/(B+W), where

 $\mathbf{B}$  = variance of the point estimate across imputations, that is, uncertainty due to missing data

W = variance of the point estimate for each imputed data set, averaged over imputations

So the rate of missing is the proportion uncertainty due to missing data/total uncertainty (due to missing data and due to the observed data). This means that if the rate of missing is high, a big portion of the SE of the point estimate is due to missing data.

Multiple Imputation in Mplus produces a new column of results called "rate of missing". This is the same as fraction of missing information.

Mplus uses Schafer's rate of missing information (see formula 2):

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934387/

Another formula is FMI = Vb/Vt, where Vb is between-imputation parameter variance, and Vt is total parameter variance (this definition is in Bodner 2008, Schafer 1997, Enders 2010).

The two formulas usually agree very well.