

VERMONT WHITE CHEDDAR

INGREDIENTS: White Cheddar Cheese (milk, salt cheese culturs, enzymes), Whey, Buttermilk, Salt, Disodium Phosphate, Whey Maltodextrin, Butter Powder (butter, nonfat dry milk).

Allergens: Milk

SOUR CREAM

INGREDIENTS: Salt, Buttermilk Powder, Sour Cream (Nonfat milk, cream & cultures), Dehydrated onion and garlic, natural flavors, dextrose, maltodextrin, autolyzed yeast extract, lactic acid, parsley, and disodium inosinate * guanylate.

Allergens: Milk and Soy

BUTTER SALT

INGREDIENTS: Salt, Maltodextrin, Natural Butter Flavor, Annattoand Turmeric (for color), "Contains Milk" Modified Food Starch FD&C Yellow #5, FD&C Yellow #6, Natural and Artificial Flavor. Tricalcium Phosphate Added as Anticaking Agent Contains No Trans-Fat Acids.

Allergens: Milk

FINE WHITE POPCORN SALT

INGREDIENTS: SALT, TRICALCIUM PHOSPHATE ADDED AS ANTICAKING AGENT.

SEA SALT

INGREDIENTS: Sea Salt

PEANUT OIL

Pour enough oil into the pan to cover the bottom. Add three kernels into a heavy bottom pan. When they pop, add 4 oz. of popcorn, lower the heat slightly. Continuously agitate pan until the popcorn ceases to pop. If using popcorn popper follow manufactures instructions.

Nutrition Facts	
Serving Size 60g	
Servings per container: 8	
Amount per Serving	
Calories 486	Calories From Fat 486
Daily Value	
Total Fat	55g
Saturated Fat	9.9g 18%
Cholesterol	0 g
Sodium	0 g
Total Carbohydrates	0 g -- 0%
Dietary Fiber	0 g
Sugars	0 g
Protein	0 g
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: PEANUT OIL WITH NATURAL COLOR ADDED	
Contains allergy prone ingredients: Peanut	

Distributed By: Riehle Select Popcorn
9632 North County Road 800 East
Sunman, Indiana 47041
www.riehlesselect.com

CARAMEL GLAZE

Instructions:
1. Measure 1/3 cup of popcorn and 5 Tbsp of oil into popper (do not add any salt).
2. When oil is hot, add 1/6 cup glaze around inside of pan (do not pour directly into center of pan).
3. When popping slows, remove pan from heat and dump out immediately.

Nutrition Facts	
Serving Size 100g Servings Per Container 3	
Amount per Serving	
Calories 380	Calories from Fat 0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0 mg 0%
Sodium	270 mg 11%
Total Carbohydrates	98g 33%
Dietary Fiber	0g 1%
Sugars	96g
Protein	0g
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Not a significant source of saturated fat, vitamin A, vitamin C or calcium. *Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: Sugar, brown sugar, molasses,soy lecithin, salt, artificial flavors,(e150a),FD&C Yellow No 5 (E102), FD&C Red No 40 (E129) , FD&C Blue No.1, (E133) Allergens: Contains SOY.	

Distributed By: Riehle Select Popcorn
9632 North County Road 800 East
Sunman, Indiana 47041
www.riehlesselect.com

CANOLA OIL (BUTTER)

Pour enough oil into the pan to cover the bottom. Add three kernels into a heavy bottom pan. When they pop, add 4 oz. of popcorn, lower the heat slightly. Continuously agitate pan until the popcorn ceases to pop. Season to taste. If using a popcorn popper, follow manufactures instructions.

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings per container: about 28	
Amount per Serving	
Calories 120	Calories from Fat 120
% Daily Value*	
Total Fat	14g 22%
Saturated Fat	1.5g 4%
Polyunsaturated Fat	2g
Monounsaturated Fat	10g
Cholesterol	0 mg 0%
Sodium	0 mg 0%
Total Carbohydrates	0g 0%
Protein	0g
* Vitamin E 20% *	
Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: partially hydrogenated canola oil, colored with artificially butter flavored Beta Carotene and with TBHQ and Citric Acid to retard oxidation.	
May contain traces of peanut oil.	

Riehle Select Popcorn
9632 North County Road 800 East
Sunman, Indiana 47041
www.riehlesselect.com

UNPOPPED POPCORN

Stove Top Cooking Instructions:

Pour enough oil into the pan to cover the bottom. Preheat oil and drop three kernels into a heavy bottom pan. When they pop, add 4 oz. of popcorn, lower the heat slightly. Continuously agitate pan until the popcorn ceases to pop. Season to taste.

Nutrition Facts	
Serving Size 2 Tbsp (33g) (5 cups popped)	
Servings per container: 12	
Amount per Serving	
Calories 100	Calories from Fat 5
Amount	% Daily Value*
Total Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 24g	8%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

* Percent Daily Values base on a 2,000 calorie diet.

Riehle Enterprises, LLC
9632 North County Road 800 East
Sunman, Indiana 47041

www.selectpopcorn.com



BUTTERY TOPPING

Pour enough oil into the pan to cover the bottom. Add three kernels into a heavy bottom pan. When they pop, add 4 oz. of popcorn, lower the heat slightly. Continuously agitate pan until the popcorn ceases to pop. If using popcorn popper follow manufactures instructions.

Measure 3 TBSP of Buttery Topping and drizzle over popped popcorn, or to your liking.

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Amount per Serving	
Calories 126	
Total Fat 7g	
Saturated Fat 2.5g	
Trans Fatty Acids 2g	
cis-Monounsaturated 4.5g	
cis-Polyunsaturated 6g	
Cholesterol 0mg	
Sodium 0mg	
Total Carbohydrates 0g	
Protein 0g	

Not a significant source of saturated fat, vitamin A, vitamin C or calcium. *Percent Daily Values are based on a 2,000 calorie diet.
Ingredients: partially hydrogenated Soybean Oil w/Artificial Butter Flavor, TBHQ and Citric Acid added to improve stability, Beta Carotene for Color, Methyl-Silicone added as an anti-foaming agent. *This product was processed in a facility that uses nuts &/or nut products.

Distributed By: Riehle Select Popcorn
9632 North County Road 800 East
Sunman, Indiana 47041
www.riehlesselect.com

BUTTER MICROWAVE

Nutrition Facts

Serving Size 2 Tbsp. (33g) Unpopped
4.0 cups Popped
Servings Per Container about 9

Amount Per Serving	Packaged	1 Cup Popped
Calories	150	35
Calories from fat	70	15
% Daily Value**		
Total Fat 8g, 2g*	12%	3%
Saturated Fat 1.5g, 0g*	8%	0%
Trans Fat 3g		
Cholesterol 0mg, 0mg*	0%	0%
Sodium 320mg, 45mg*	13%	2%
Total Carbohydrate 19g, 4g*	6%	1%
Dietary Fiber 3g, 1g*	12%	4%
Sugars <1g, 0g*		
Protein 3g, <1g*		
Vitamin A	4%	0%
Iron	4%	0%

Not a significant source of Cholesterol, Vitamin C, and Calcium.

* Amount per popped cup

** Percent Daily 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	85g	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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Gourmet Hullless Popcorn, Partially Hydrogenated Soybean Oil, Salt, Natural and Artificial Flavors, Lecithin, Beta Carotene Color.
Allergen Information: Contains Milk

NATURAL LITE MICROWAVE

Nutrition Facts

Serving Size 2 Tbsp. (33g) Unpopped
4.0 cups Popped
Servings Per Bag 2.5
Servings Per Container 8

Amount Per Serving	Packaged	1 Cup Popped
Calories	130	25
Calories from fat	35	7
% Daily Value**		
Total Fat 4g, 1g*	6%	1%
Saturated Fat 1g, 0g*	5%	0%
Trans Fat 1.5g		
Cholesterol 0mg, 0mg*	0%	0%
Sodium 160mg, 25mg*	7%	1%
Total Carbohydrate 19g, 4g*	6%	1%
Dietary Fiber 3g, 1g*	12%	4%
Sugars 0g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Iron 4%	Calcium 0%	

Not a significant source of Cholesterol, Vitamin C, and Calcium.

* Amount per popped cup

** Percent Daily 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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: White Popcorn, Partially Hydrogenated Soybean Oil, Salt.
Allergen Information: May Contain Milk

**ORGANIC MICROWAVE POPCORN
BUTTER FLAVOR**

Ingredients: Organic yellow popcorn, organic palm oil, organic butter flavor (**Diacetyl Free**), salt.
Contains MILK.

Nutrition Facts

Per 1/2 bag (50 g)

Amount	% Daily Value
Calories 230	
Fat 10 g	15%
Saturated 4.5 g	23%
Trans 0.1 g	
Cholesterol 0 mg	
Sodium 350 mg	15%
Carbohydrate 24 g	7%
Fiber 7 g	18%
Sugar 0 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

Each bag yields 12 cups popped corn.

ORGANIC MICROWAVE POPCORN ORIGINAL

Ingredients: Organic yellow popcorn, organic palm oil, salt.
May Contain Milk.

Nutrition Facts

Per 1/2 bag (50 g)

Amount	% Daily Value
Calories 150	
Fat 3 g	5%
Saturated 0 g	0%
Trans 0 g	
Cholesterol 0 mg	
Sodium 450 mg	18%
Carbohydrate 31 g	10%
Fiber 7 g	30%
Sugar 0 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Each bag yields 12 cups popped corn.