

WHITE CHEDDAR

INGREDIENTS: Cheddar Cheese Flavor blend [nonfat dry milk, milk solids, (cream, milkfat, nonfat dry milk), whey powder, salt, cheddar cheese flavor [(includes cheddar cheese (milk, cheese cultures, salt, enzymes)]]
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.

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 0g	
Sodium 0g	
Total Carbohydrates 0g	-- 0%
Dietary Fiber 0g	
Sugars 0g	
Protein 0g	
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	

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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 1/8 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 100g	
Calories 380	Calories from Fat 0
Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	1%
Total Carbohydrates 28g	10%
Dietary Fiber 0g	0%
Sugars 27g	
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, FD&C Yellow No 5 (E102), FD&C Red No 40 (E127), FD&C Blue No.1, (E133) Allergens: Contains SOY.	

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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 124	Calories from Fat 124
Daily Value	
Total Fat 14g	22%
Saturated Fat 1g	4%
Polyunsaturated Fat 4g	
Monounsaturated Fat 9g	
Trans Fatty Acid 0g	
Cholesterol 0mg	0%
Sodium 0mg	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: Made from canola oil, colored with artificially butter flavored Beta Carotene and with TBHQ and Citric Acid to retard oxidation.	
May contain traces of peanut oil.	

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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 are based on a 2,000 calorie diet.

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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 (12g)	
Amount per Serving	
Calories 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Protein 0g	0%

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: Soybean Oil, Palm Oil, Artificial Butter Flavor, TBHQ and Citric Acid (added as antioxidant), Beta-Carotene (added for color), Dimethyl Polysiloxane (added as an anti-foaming agent)

*This product was processed in a facility that uses nuts &/or nut products

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Kettle Corn 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	160	40
Calories from fat	70	15
% Daily Value**		
Total Fat 8g, 2g*	12%	3%
Saturated Fat 4g, 1g*	20%	5%
Trans Fat 0g		
Cholesterol 0mg, 0mg*	0%	0%
Sodium 150mg, 40mg*	6%	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 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: Popcorn, Palm Oil, Salt, Natural and Artificial Butter Flavor, Soy Lecithin, Sucralose.

Allergen Information: Contains Milk and Soy

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	140	35
Calories from fat	45	7
% Daily Value**		
Total Fat 5g, 1g*	8%	1%
Saturated Fat 2g, 0.5g*	10%	2%
Trans Fat 0g		
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, Palm Oil, Salt.

Allergen Information: May Contain Milk

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	160	40
Calories from fat	70	15
% Daily Value**		
Total Fat 8g, 2g*	12%	3%
Saturated Fat 4g, 1g*	20%	5%
Trans Fat 0g		
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 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: Gourmet Hullless Popcorn, Palm Oil, Salt, Natural and Artificial Flavors, Soy Lecithin, Beta Carotene Color.

Allergen Information: Contains Milk and Soy