

Ingredients for the products

Ski races

Drink and energy in various forms is served at all checkpoints. You will find specification on serving during each race on the detailed race map.

(vasaloppet.se/en > Our races (choose race) > About the race > During the race)

Ekström's Blueberry Soup

Sugar, potato starch, maltodextrin, blueberries, acid (citric acid), ascorbic acid (E300). Ready soup contains 3.5 % blueberries.

Enervit Sports Drink (orange)

Sugar (43 %) (dextrose (28.4 %), fructose (17.3 %), maltodextrin (2.6 %)), acid (citric acid), disodium phosphate, orange flavouring, thickener (sodium carboxymethyl cellulose), magnesium citrate, potassium citrate, sodium citrate, sodium chloride, anti-caking agent (silicon dioxide), vitamin C (l-ascorbic acid), niacin (nicotinamide), pantothenic acid (calcium D-pantothenate), riboflavin, thiamine hydrochloride.

Knorr Vegetable Broth

Salt, maltodextrin, starch, sugar, yeast extract, 8.6 % vegetables (onion, carrot, leek), aroma, carrot juice powder, palm fat, spices.

Vasaloppet Bun

Wheat flour, water, rapeseed oil, sugar, yeast, salt, cardamom, dextrose, ascorbic acid.

Pancake

Buttermilk, wheat flour, egg, rapeseed oil, salt with iodine, buttermilk powder.

Roll with filling, mashed potatoes and venison

Mashed potatoes 47% (potatoes, milk, cream, butter, salt), Liba bread 30% (wheat flour, water, sugar, yeast, salt, barley malt), venison 14% (venison, water, onion, salt, black pepper), white cabbage, carrot, lingonberry jam (lingonberry, sugar, water, thickener (pectin), acid (citric acid) and preservative (E202)).

Roll with filling, pancake and rice porridge with cloudberry

Rice porridge 36% (milk, rice grains, sugar, saline, preservative (E262), spice extract (lemon)), Liba bread 29% (wheat flour, water, sugar, yeast, salt, barley malt), pancake 22% (milk, wheat flour, water, eggs, rapeseed oil, salt), spicy carrot 5% (carrot, cinnamon, cardamom), apple 5%, cloudberry jam 2% (cloudberry, sugar, water, thickener (pectin), acidity regulator (citric acid), preservative (E202)).

Roll with filling, potato pancake and pork

Liba bread 32 % (wheat flour, water, sugar, yeast, salt, barley malt), potato pancake 28 % (potatoes, egg, wheat flour, milk, rapeseed oil, starch, salt and white pepper), cabbage salad 24 % (cabbage, lingonberry jam (lingonberry, sugar, water, thickener (pectin), acid (citric acid) and preservative (E202)), pork 16 % (pork, water, salt, dextrose, stabilizer (E451), ascorbic acid (E316), preservative (E250)).