

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.

After the finish

Afterwards, you will be offered drink and snack.

Vasaloppet 30, Tjejvasan, Ungdomsvasan, Vasaloppet 45, Nattvasan 45 och Nattvasan 30:

Flatbread roll with cheese

Öppet Spår Sunday, Öppet Spår Monday, Nattvasan 90, Vasaloppet: **Mora roll**

Vasaloppet 10: **Cinnamon bun**

Flatbread roll with cheese

Sourdough flatbread 41 % (wheat flour, sifted rye flour, sourdough (rye), water, syrup, sugar, wheat gluten, rapeseed oil, salt, emulsifier (E471, E472e), yeast, baking powder (hjorthornssalt), fructose, malt flour (barley), flour treatment agent (E300), enzyme), Gouda cheese 31 % (milk, salt, rennet, culture, colour (E160a)), cream cheese mixture 17 % (fresh cheese, prästost, Dijon mustard (water, mustard seed, spirit vinegar, salt, preservative (E224) (sulphite), acidity regulator (E330), salt)), red pepper 10 %.

Mora roll (Flatbread roll with potato pancake, fried side pork, lingonberry and white cabbage)

Sourdough flatbread 29 % (wheat flour, sifted rye flour, sourdough (rye), water, syrup, sugar, wheat gluten, rapeseed oil, salt, emulsifier (E471, E472e), yeast, baking powder (hjorthornssalt), fructose, malt flour (barley), flour treatment agent (E300), enzyme), potato pancake 29 % (potato, egg, wheat flour, milk, rapeseed oil, starch, salt, white pepper), cabbage salad 23 % (white cabbage, lingonberry jam (lingonberry, sugar, water, thickener (pectin), acidity regulator (E330)), fried Swedish pork 19 % (pork, water, salt, glucose syrup, antioxidants (E331, E301), stabilizers (E450), meat broth, dextrose, preservatives (E250)).

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Cinnamon bun

Wheat flour, water, sugar, rapeseed oil, yeast, maltodextrin, glucose syrup, vegetable oil (rapeseed), modified starch, salt, cardamom, cinnamon 0.3 %, potato granules, dextrose, citrus fibres, E471, starter culture (wheat), E202, E330, stabilizer (E416, E416), E300. May contain traces of eggs.

Vegetarian toast

Bread 56 % (wheat flour, water, yeast, salt, extra virgin olive oil, milk powder, sugar, malted wheat flour, flour treatment agent (E300)), mushroom and garlic cream 27% (mushrooms, pressed garlic, rapeseed oil, parsley, salt), cheese 18 %. May contain traces of soy and sesame seeds.

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