

Ingredients for the products

Running 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.

Flatbread roll with cheese and red pepper

Thin bread sourdough 41% (wheat flour, sifted rye flour, sourdough (rye), water, syrup, sugar, wheat gluten, rapeseed oil, salt, emulsifier (E471, E472e), yeast, baking powder (ammonium bicarbonate), fructose, malt flour (barley), flour treatment agent (E300), enzyme). Gouda cheese 31% (milk, salt, rennet, souring culture, coloring (E160a)). Fresh cheese mixture 17% (fresh cheese, priest's cheese, dijon mustard (water, mustard seed, brandy vinegar, salt, preservative (E224) (sulphite), acidity regulator (E330), salt)). Red pepper 10%.

Vegetable Broth (Fantasy)

Sea salt, flavor enhancer (E621, E631), dextrose, sunflower oil, carrot (1.5 %), onion (1 %), starch, leek (0.5 %), spices, caramelized sugar, maltodextrin, spice extract. Salinity: 1.3 %.

Pickled gherkin (Kindagurka)

Gherkin, water, salt, dill and spices. Preservatives E211 (sodium benzoate) and E202 (potassium sorbate).

Vasaloppet Bun

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

Gluten-free Vasaloppet Bun

(available in limited quantity)

Gluten-free mix (wheat starch, skimmed milk powder, sugar, thickener (E412, E464), baking soda (E500, E575), salt, minerals (iron), vitamins (thiamine, riboflavin, niacin, B6, folic acid)), water, cream cheese (skim milk, lactic acid culture, rennet, cream), yeast, syrup, margarine (rapeseed oil, palm oil, coconut oil, emulsifier E471), cardamom, salt. Bread gloss: casein (milk protein) acidity regulators E450 (4 %) and E500, lactose. Eggs are handled in the production.

Pancake

Lactose-free skimmed **milk**, **egg**, gluten-free **wheat starch***, corn starch, modified potato starch, rapeseed oil, **egg white powder**, salt, maltodextrin. Rapeseed oil for frying.

*Gluten-free wheat starch contains less than 0.002g of gluten per 100g of product. The product is gluten-free and lactose-free.

Rio Cola

Carbonated water, sugar, color (sugar color), acid (phosphoric acid), natural flavors, preservative (sodium benzoate), caffeine.

After the finish

Afterwards, you will be offered drink and snack. This is served in your race.

Ultravasan 90, Ultravasan 45, Trailvasan 30 – lasagna and wok with hoisin sauce, tofu and vegetables

Gluten-free alternative: potato wedges, fried egg and bacon

Trailvasan 10 – cinnamon bun

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**.

Lasagna

Durum wheat and **wheat flour**, **milk**, beef (14%), water, tomato, onion, **cream**, carrot, modified **wheat starch**, **cheese**, tomato puree, salt, sugar, **butter**, spices (including garlic, paprika), white wine vinegar (antioxidant E224) , **egg**.

Wok with hoisin sauce, tofu and vegetables

Hoisin sauce 29 % (sugar, water, fermented **soybean** paste (E150a) water, salt, **soybeans**, **wheat flour**), salt, dried sweet potato, color (E150a), modified corn starch, garlic powder, **sesame paste**, spices, salted chili pepper, acetic acid (E260) onion, 17 %, carrot 17 %, fried tofu 15 % (**soybeans**, water, rapeseed oil, salt, mineral salt) white cabbage 11 %, sugar peas 5 %, scallion 3 %, soy sauce 3 % (water, **soybeans**, corn flour, salt, coloring (E150c), preservative (E202), rapeseed oil, salt, chili flakes.

Gluten-free: Potato wedges, fried egg and bacon

Fried egg 47 % (**egg**, salt).

Potatoes 40 % (potatoes, water, salt, calcium chloride, antioxidant (E300).

Bacon 13 % (pork, salt, natural flavor, acidity regulator (E326), preservative (E250, E262, E261), antioxidant (E301, E331)).