

# ***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](http://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's 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.

## **Vegetable Broth (Fantasty)**

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).

## **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) (**sulfite**), acidity regulator (E330), salt)). Red pepper 10 %.

## **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**

**Buttermilk, wheat flour** (contains **barley** malt), water, **egg**, rapeseed oil, salt.

## **Cuba Cola**

Carbonated water, sugar, aroma (incl. caffeine\*), color (E150d), acidity regulator (phosphoric acid), preservative (sodium benzoate). \*Caffeine amount 9.7 mg/100 ml drink benzoate).

### **After the finish**

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

Ultravasan 90, Ultravasan 45, Trailvasan 30 – Lasagna, or Tikka Masala with Potatoes

Gluten-free alternative: Tikka Masala with Potatoes

### **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**.

### **Tikka Masala with Potatoes (Vegan)**

Tikka Masala 73% (crushed tomatoes (tomato, tomato juice, acidity regulator (E330)), coconut milk (coconut extract, water, stabilizer (E412, E473, E466, E415), preservative (E223, **sulfite**)), water, carrot, coconut cream (coconut extract, water), onion, tomato puree, spinach, salt, sugar, cornstarch, tikka masala (salt, cumin, paprika, tomato, sugar, coriander, ginger, onion, turmeric, spice, cardamom, black pepper, aroma), garam masala (coriander, cumin, ginger, paprika, black pepper, cinnamon, cardamom, cloves, bay leaves, nutmeg), pressed garlic (garlic, salt, antioxidant (E330)), rapeseed oil, lime juice (juice from concentrate, preservative (E224, **sulfite**)), ginger, chili flakes, black pepper), Fried tofu 27% (**soybeans**, water, rapeseed oil, salt, mineral salt).

Diced potatoes 90% (potatoes, water, salt, acidity regulator (E509), antioxidant (E300)), rapeseed oil, salt, black pepper.