

Ingredients for the products

2025-01-20

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'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 (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 %.

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.

After the finish

Afterwards, you will be offered drink and snack.

Flatbread roll with cheese

Vasaloppet 30, Tjejvasan, Ungdomsvasan, Öppet Spår Monday 30, Öppet Spår Monday 45, Vasaloppet 45, Nattvasan 45 and Nattvasan 30

Wrap with chicken or wrap with falafel

(Special diet: gluten-free: Potato wedges, fried egg and bacon)

Öppet Spår Sunday, Öppet Spår Monday 90, Nattvasan 90 and Vasaloppet

Kebab with smoked side pork

(Special diet: gluten-free tortilla, vegetarian kebab)

Vasaloppet 45

Cinnamon bun

Vasaloppet 10

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 %.

Wrap with chicken

Tortilla 35 % (wheat flour, water, rapeseed oil, stabilizer (E422, E412), glucose, salt, baking powder (E450, E500), emulsifier (E471), flour treatment agent (E920)). Salad chicken 31% (skinless chicken meat, salt, paprika, glucose syrup (corn), potato fiber, stabilizer (E450, E451), acidity regulator (E301, E327, E325), preservative (E262, E270), aroma). Teriyaki sauce 12% (sugar, soy sauce (water, soybeans, salt, wheat, sugar, mushroom extract), water, vinegar, cornstarch, ginger), red cabbage 12%, pickled red onion 4% (red onion, water, vinegar, sugar, salt).

Wrap with falafel

Tortilla 29% (wheat flour, water, rapeseed oil, stabilizer (E422, E412), glucose, salt, baking powder (E450, E500), emulsifier (E471), flour treatment agent (E920)). Tabbouleh 21% (bulgur (wheat), semi-dried tomato, parsley, rapeseed oil, onion, lemon juice concentrate, salt, black pepper). Falafel 21 % (chickpeas, water, rapeseed oil, onion, rice flour, coriander, salt, garlic, cumin, leavening agent (E500)), Julienne mix 10 % (broccoli, carrot, beetroot). Ajvar 10% (pepper, eggplant, vinegar, sunflower oil, sugar, salt, modified potato starch, garlic, chili pepper extract). Chili mayonnaise 9 % (rapeseed oil, water, egg yolk, salt, vinegar, vinegar, spice mix (glucose, glucose syrup, yeast extract, salt, spices), preservative (E202), stabilizer (E412, E415), lemon juice from concentrate, acidity regulator medium (E330)), paprika, garlic, water, chili sauce (water, tomato paste, vinegar, sugar, salt, thickener (E1414, E415), spices (cayenne pepper, chili pepper, onion, black pepper, ginger), preservative (E202, E211) , color (E150c)), tabasco (vinegar, tabasco pepper, salt), chili powder, salt, preservative (E202, E211)).

Kebab with smoked side pork

Crushed and sliced lean game meat, venison, reindeer meat, elk meat, antioxidants: E331 and E301, starch syrup, black pepper, cumin, oregano, paprika, cayenne pepper, garlic, turmeric, coriander, chili pepper, yellow onion, chives, cartilage-free pork flank from pork, salt, stabilizer E450, dextrose, antioxidant E301, preservative E250.

Kebab sauce: yogurt 44 %, rapeseed oil, water, egg yolk, mustard seed, salt, sugar, onion, garlic, spices, herbs, black pepper extract, mushroom powder, vinegar, stabilizer (guar gum, xanthan gum), acidity regulator (citric acid), preservative (sodium benzoate, potassium sorbate)

Tortilla: wheat flour, water, stabilizer: glycerol; vegetable oil: sunflower; baking powder: sodium bicarbonate, diphosphates, calcium phosphate; emulsifiers: mono- and diglycerides of fatty acids; dextrose, salt.

Roasted onion: onion, palm oil, wheat flour, salt.

Special diet: Gluten-free tortilla

Corn starch, water, humectant (glycerol), tapioca starch, sunflower oil, corn flour, rice flour, modified rice starch, potato starch, inulin, potato fibers, psyllium fiber, thickener (E415, E412), emulsifier (lecithins), salt, preservative (E202), aroma.

Special diet: Vegetarian kebab

Black pepper, cumin, oregano, paprika, cayenne pepper, garlic, turmeric, coriander, chili pepper, yellow onion, chives, chanterelles, oumph (soy protein concentrate) 29 %, salt.

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.

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)).