

# ***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](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 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.

## **After the finish**

Afterwards, you will be offered drink and snack.

Vasaloppet 30, Tjejvasan, Ungdomsvasan, Öppet Spår Monday 30, Öppet Spår Monday 45, Vasaloppet 45, Nattvasan 45 and Nattvasan 30: **Flatbread roll with cheese**  
Öppet Spår Sunday, Öppet Spår Monday 90, Nattvasan 90 and Vasaloppet: **Wrap with chicken, or wrap with falafel**  
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 %.

### **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).

*More on next page >*

### **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 % (mayonnaise (rapeseed oil, water, **egg yolk**, salt, vinegar, vinegar, **mustard seed**, 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)).

### **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)).

2024-02-12