

Ingredients for the products

Bike 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 (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 %.

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.

Pickled gherkin (Kindagurka)

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

After the finish

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

Cykelvasan Öppet Spår and Cykelvasan 90 – Wrap with roast beef and potato salad, or wrap with falafel

Ungdomscykelvasan – Flatbread roll with cheese

Cykelvasan 45 and Cykelvasan 30 – Flatbread roll with cheese, or sandwich with egg and bacon

Gluten-free alternative every day: Potato wedges, fried egg and bacon

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Sandwich with egg and bacon

Bread 50% (flour (**wheat**, whole grain **wheat** and **rye**, sifted **rye**), water, crushed **rye kernels**, **wheat gluten**, syrup, yeast, rapeseed oil, **rye** and **barley malt**, salt, **wheat** sourdough powder, vegetable emulsifier (E472e)), Egg salad 24% (mayonnaise (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 (E330)), boiled **egg**, preservative (E211, E202) salt, dill)), Fried bacon 18% (flank pork, salt, natural flavor, acidity regulator (E326), preservative (E250, E262, E261), antioxidant (E301, E331)), Mustard dressing 8% (water, **yogurt**, rapeseed oil, invert sugar syrup, **mustard seed**, thickener (E1442), **egg yolk**, sugar, salt, vinegar, vinegar, cayenne pepper, turmeric, preservatives (E202, E211, E224 (**sulfite**)), thickener (E412, E415) acidity regulator (E330)).

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 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)).

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)).