

Ingredients for the products

2026-06-02

Run races

Drink and energy in various forms is served at all checkpoints. You will find specification on serving during the race map.

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 (Kung Markatta)

Sea salt, cornstarch**, glucose syrup**, carrot**, onion**, celery**, sunflower oil**, concentrated vegetable juice** (carrot**, onion**), tomato**, leek**, yeast extract**, turmeric**, parsley**, spices**.

** = Organic ingredient. May contain traces of gluten, eggs, soy, milk (incl. lactose), mustard

Pickled gherkin (Kindagurka)

Gherkin, water, salt, dil 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

Buttermilk, wheat flour (constains barley malt), water, eggs, rapeseed oil, salt.

Pancake (gluten and lactose free)

Lactose-free skimmed milk, eggs, gluten-free wheat starch*, corn starch, modified potato starch, rapeseed oil, egg white powder, iodized salt, maltodextrin. Rapeseed oil for frying.* gluten-free wheat starch contains less than 0.002 g gluten per 100 g product.

Veganpancake

Water, wheat flour 32%, rapeseed oil, dried carrot and parsley root flour 2,8%, wheat gluten, iodized salt, baking powder (corn starch, sodium diphosphate, sodium carbonate.) Fry in rapeseed oil.

Pancake jam

Sugar, strawberries, water, apples, blueberries, thickener (pectin), acid (citric acid), preservative (potassium sorbate). 100 g jam contains 35 g fruit.

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.

Kebab

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.

Vegetarian and vegan kebab

Black pepper, cumin, oregano, paprika, cayenne pepper, garlic, turmeric, coriander, chili pepper, yellow onion, chives, tomato, Swedish-grown legumes (21%) (grey peas, field beans, yellow lentils), pea protein from Swedish-grown peas, rapeseed oil, apple extract, stabilizer (methyl cellulose), salt, natural flavor (contains onion, gum arabic). May contain traces of soy.

Nacho chips

Corn flour (78%), sunflower oil, salt. May contain traces of soy.

Cinnamon bun (only Trailvasan10)

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.