Nutritional Content of Insects and Other High Protein Foods
(per 100 gram serving)

Whole Cricket Powder
House Cricket (raw wet)
*Acheta domestica*

- 63 g Protein
- 19 g Fat
- 447 kcal per 100 gram serving
- 0.25 g Omega 3 fatty acids
- 5.9 mg Iron

Differential Grasshopper (raw wet)
*Melanoplus differentialis*

- 26 g Protein
- 2.3 g Fat
- 140 kcal per 100 gram serving
- 0.25 g Omega 3 fatty acids
- 5.9 mg Iron

Banded Cricket (raw wet)
*Gryllodes sigillatus*

- 19 g Protein
- 8.6 g Fat
- 171 kcal per 100 gram serving
- 0.122 g Omega 3 fatty acids
- 2.1 mg Iron

Caribbean Fruit Fly pupae (raw wet)
*Anastrepha suspensa*

- 16 g Protein
- 7.6 g Fat
- 152 kcal per 100 gram serving
- 0.154 g Omega 3 fatty acids
- 47.4 mg Iron

All Insect data from All Things Bugs LLC. a-c Current USDA National Nutrient Database for Standard Reference (Beef a = ground, 75% lean meat / 25% fat, patty, cooked, broiled; Milk b = dry, whole, without added vitamin D (USDA); Chicken c = Chicken, broilers or fryers, meat only, roasted.)
Nutritional Content of Insects and Other High Protein Foods
(per 100 gram serving)

Beef\(^a\) (wet weight)
- 25.6 g Protein
- 278 kcal per 100 gram serving
- 18.7 g Fat
- 0.009 g Omega 3 fatty acids
- 2.4 mg Iron

Milk Powder\(^b\) (dry weight)
- 26.3 g Protein
- 496 kcal per 100 gram serving
- 26.7 g Fat
- 0 g Omega 3 fatty acids
- 0.47 mg Iron

Chicken\(^c\) (wet weight)
- 39 g Protein
- 190 kcal per 100 gram serving
- 7.4 g Fat
- 0.05 g Omega 3 fatty acids
- 1.2 mg Iron

All Insect data from All Things Bugs LLC. a-c Current USDA National Nutrient Database for Standard Reference (Beef \(a\) = ground, 75% lean meat / 25% fat, patty, cooked, broiled; Milk \(b\) = dry, whole, without added vitamin D (USDA); Chicken \(c\) = Chicken, broilers or fryers, meat only, roasted.)

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Nutritional Content of Insects and Other High Protein Foods
(per 100 gram serving)

Yellow Mealworm (raw wet)
*Tenebrio molitor*

- 18.7 g Protein
- 205.6 kcal per 100 gram serving
- 13.4 g Fat
- 0.14 g Omega 3 fatty acids
- 2.06 mg Iron

Superworm (raw wet)
*Zophobas morio*

- 19.7 g Protein
- 242.3 kcal per 100 gram serving
- 17.7 g Fat
- 0.11 g Omega 3 fatty acids
- 1.65 mg Iron

House Cricket (raw wet)
*Acheta domesticus*

- 20.5 g Protein
- 140.2 kcal per 100 gram serving
- 6.8 g Fat
- 0.06 g Omega 3 fatty acids
- 1.93 mg Iron

**SOURCE for these data:**