

NUTRITIONAL VALUE PER 100 GRAM	FREEZE-DRIED				FRESH	
	Alphitobius diaperinus	Locusta migratoria	Acheta domesticus	Tenebrio molitor	Alphitobius diaperinus	Tenebrio molitor
	Buffalo worm	Grasshoppers	House cricket	Meal worm	Buffalo worm	Meal worm
Energy (kcal/100g)	484	559	458	550	139	198
Fat (g/100g product) of which:	24,7	38,1	18,5	37,2	7,1	13,4
Saturated fatty acids	8,0	13,1	7,0	9,0	2,3	3,2
Mono-unsaturated fatty acids	9,5	13,0	5,3	17,3	2,7	6,2
Poly-unsaturated fatty acids	7,0	11,9	6,4	10,9	2,0	3,9
Carbohydrates (g/100g product)	6,7	1,1	0,0	5,4	1,9	1,9
of which sugars (g/100g product)	0*	0*	0*	0*	0*	0*
Fiber (g/100g product)	5,2	8,4	7,7	6,5	1,5	2,3
Protein (g/100g product)	56,2	48,2	69,1	45,1	16,1	16,3
Salt (g/100g product)	0,38	0,43*	1,03*	0,37	0,11	0,13

* no exact details