



Cricket Flour

Ingredients - crickets	
Allergens - cereals containing gluten	
Nutrition - typical values per 100g	
Energy	1872 kJ/447 kcal
Fat	20g
Saturates	9g
Carbohydrate	6g
Sugar	1g
Fibre	5g
Protein	64g
Salt	1g

CRICKET NUTRITION

Crickets are the ultimate food ingredient; versatile, easy to use in production, packed full of nutrients and naturally sustainable.

PROTEIN

Crickets provide more than 2x the protein of beef, poultry, pigs and fish. Cricket protein is a "complete protein" because it contains all 9 essential amino acids, including all three branched chain amino acids (BCAAs) needed for muscle development.

VITAMINS & MINERALS

Crickets contain more iron than spinach, more calcium than milk and they are also high in phosphorus and potassium.

With more Vitamin B12 than salmon; crickets are a fantastic source of this precious nutrient.

FATTY ACIDS

Crickets contain the ideal 3:1 ratio of Omega 6 to Omega 3 fatty acids.

FIBRE

Crickets are an excellent source of dietary fibre with great prebiotic value and low GI. Chitin prebiotic fibre helps proliferate diversity of microbes in the gut.

LOW CARB

Cricket flour contains 6% carbs and 1% sugar.

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