



# Whole Dried Crickets

<b>Ingredients</b> - crickets	
<b>Allergens</b> - cereals containing gluten	
<b>Nutrition</b> - typical values per 100g	
Energy	2053 kJ/491 kcal
Fat	26g
Saturates	11g
Carbohydrate	4g
Sugar	0.4g
Fibre	5g
Protein	61g
Salt	0.9g

## 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

Whole dried crickets contain 4% carbs and less than 1% sugar.

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