

**Minerals and trace elements.**

<b>Insect</b>	<b>Calcium</b>	<b>Phosphorus</b>	<b>Magnesium</b>	<b>Potassium</b>	<b>Sodium</b>	<b>Chloride</b>
<b>Amount per 100 g</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>
Pinkies Topinsect	20	205	30	250	50,6	n/a
Buffaloworms Topinsect	56	196	30	280	129	n/a
Mealworm larvae Topinsect	17	285	80	341	54	187
Wax moth larvae Topinsect	24	195	32	221	17	64
Adult house cricket Topinsect	41	295	34	347	134	227
Grasshoppers Topinsect	18	178	37	288	61	155
Red runners Topinsect	231	211	61	439	232	188
Mealworm beetle	23	277	61	340	63	191
Morio worms larvae	18	237	50	316	48	152
Termites (worker)	49	99	32	151	59	n/a
Fruit fly	21	245	46	370	98	166
Autumn fly or housefly pupae	1,017	1,123	472	226	74	n/a
Phorid fly	26	313	58	304	108	166
Housefly pupae	363	558	n/a	343	218	n/a
<b>Other food by comparison</b>						
Apple	3	10	4	108	1	n/a
Cauliflower	30	30	16	349	10	n/a
Whole milk	118	88	10	156	44	n/a
Cod	16	218	30	380	73	n/a
Lean veal	4	230	24	350	59	n/a
Chicken	10	156	25	287	92	n/a
Analyses conducted on the total raw weight - n/a = not available or unknown						
©copyright ®Topinsect						

<b>Insect</b>	<b>Iron</b>	<b>Zinc</b>	<b>Copper</b>	<b>Manganese</b>	<b>Selenium</b>
<b>Amount per 100 g</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>µg</b>
Pinkies Topinsect	1,18	2,92	0,38	0,14	8
Buffaloworms Topinsect	2	2,67	0,2	0,24	10
Mealworm larvae Topinsect	2.1	5.2	0.6	0.5	27
Wax moth larvae Topinsect	2.1	2.5	0.4	0.1	12
Adult house cricket Topinsect	1.9	6.7	0.6	1.1	18
Grasshoppers Topinsect	2.9	2.8	1.3	1.9	60
Red runners Topinsect	4.1	11.8	0.8	1.0	250
Mealworm beetle	2.2	4.6	0.8	0.4	15
Morio worms larvae	1.6	3.1	0.4	0.4	13
Termites (worker)	9.7	3.6	1.3	0.8	12
Fruit fly	6.2	6.6	0.8	0.8	50
Phorid fly	6.9	6.0	6.2	1.3	50
Autumn fly or housefly pupae	10.3	11.1	0.6	27.1	n/a
Housefly pupae	18.1	10.7	1.3	14.4	n/a
<b>Other food by comparison</b>					
Apple	0.1	0.0	0.0	n/a	0
Cauliflower	0.5	0.3	0.0	n/a	0
Whole milk	0.2	0.5	0.0	n/a	5
Cod	0.4	0.4	0.0	n/a	28
Lean veal	0.6	2.4	0.3	n/a	9
Chicken	0.8	1.4	0	n/a	18
Analyses conducted on the total raw weight - n/a = not available or unknown					
©copyright ®Topinsect					