

Translations:Elevage de grillons comestibles/39/en

Insects are interesting in research of new sources of proteins and offer alternatives to our traditional and non sustainable way of consumption . The cricket's energy intake is 120 kcal/ 100g (weight when it is fresh) and its average protein content is 8-25g/100g (weight when it is fresh). The cricket appears to be a really good source of proteins, omega 3 and 6 fatty acids, and minerals: iron, zinc, magnesium, copper,...