

insect revolution

Join the edible

bugsolutely

A superfood with 20% cricket flour.
High in protein and vitamin B12 and a source of fibre and iron.



CRICKET PASTA

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NET WEIGHT: 350 g

CRICKET PASTA

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CRICKET PASTA IS A SUPERFOOD.
HERE ARE SOME EXAMPLES OF THE BENEFITS:

- Protein contributes to the maintenance of muscle mass
- Vitamin B12 contributes to normal functioning of the nervous system
- Iron contributes to normal oxygen circulation in the body

CRICKETS: A FOOD REVOLUTION

The Western world is discovering the nutritional properties of insects. According to experts, insects are the protein of the future. Crickets, in particular, have exceptional nutritional contents. Up to 70% of their weight is protein. That's more than double the amount of a cow. They also provide crucial nutrients for our bodies as fibre and vitamin B12. Our crickets come from controlled farms and their feed does not contain any chemical or pharmaceutical products.

AT THE FOREFRONT OF SUSTAINABILITY

Crickets are the animal protein source with the lowest impact on the environment. They release 80% less methane than cattle and they require much less feed than any other farm animal. They need 1,000 times less water than cows. They are considered by the United Nations' FAO one of the best ways to ensure food security.



10-1-14550-1-0057



Store in a dry and cool place. Best before:

NUTRITION INFORMATION

Typical values	Per 100 g	% RI*
Energy	1623 kJ / 388 kcal	19%
Fat	5.4 g	8%
(Of which Saturates)	1.7 g	9%
(Of which Polyunsaturates)	3.2 g	
Carbohydrate	57.7 g	22%
(Of which Sugars)	8.2 g	9%
Fibre	5.3 g	
Protein	21.7 g	43%
Salt	0.36 g	6%
Vitamins and minerals	Per 100 g	% RI*
Vitamin B12	1.13 mcg	45%
Iron	2.58 mg	18%

* Reference intake of an average adult (8400 kJ / 2000 kcal)

INGREDIENTS:

Durum **Wheat** Semolina, Cricket flour (20%), Durum **Wheat** Flour

Allergens in **bold**. People allergic to crustaceans might be allergic to this product.

COOKING INSTRUCTIONS:

Fill a large pot with water, add salt and place over high heat. When water boils add the pasta. Cook for 5 or 6 minutes.

CERTIFICATIONS:

Our cricket flour is made by certified manufacturers following International standards. The pasta production is HACCP certified and Thai FDA approved.

ORIGIN:

Produced in Thailand for Bugsolutely Ltd, 20/19 Sukhumvit soi 39 - Bangkok, 10110 Thailand - Tel. +66 (0) 95809 5068

www.bugsolutely.com