

bugsolutely

Cricket Pasta

Cricket pasta is a superfood and a very innovative product, the only pasta containing 20% cricket flour in the world.

This unique food is part of the fast growing edible insects market and features great nutritional values, including high levels of protein, calcium, iron, vitamin B12 and Omega fatty acids.

Cricket Pasta is the result of extensive research & development. Thanks to the cricket flour, it has a distinctive color and texture that is often compared to wholewheat pasta and roasted almonds.

The cricket flour is made with crickets raised for human consumption in controlled farms and processed under the HACCP standard.



- **INGREDIENTS:** wheat flour 80%, cricket flour (*acheta domestica*) 20%
- **WEIGHT:** 350 g (12.3 oz)
- **PACKAGE SIZE:** 16 (L), 9 (W), 14.5 cm (H)
- **CERTIFICATIONS:** GMP, HACCP
- **SHELF LIFE:** 1.5 years
- **Thailand FDA number** 10-1-14550-1-0057

All documents downloadable at:
www.bugsolutely.com/distributor

+66 (0) 9 5809 5068
info@bugsolutely.com
 20/19 Sukhumvit 39
 (soi Phrom Mit), Wattana,
 Bangkok 10110, Thailand



Bugsolutely

It is a food tech start-up specialized in edible insect products. Founded in 2015 in Bangkok, it taps the rapidly growing market of "bug foods" by creating the unique pasta with 20% cricket flour.

Since 2017, Bugsolutely is also in China, where it develops silkworm-flour based products, including the innovative Bella Pupa snack.

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“I sautéed a portion with olive oil and tomato sauce and topped with parmesan: the pasta absorbed the sauce very well, and it was delicious. Then I had a portion with olive oil and tomato sauce, chili, spices and olives and it was perfect as well.”

Christophe Mercier

Academic manager, Le Cordon Bleu chef school

NUTRITIONAL QUALITIES

Cricket Pasta nutrition values are superior to traditional pastas.

- Around 40% more **protein**. Moreover, these proteins are of a higher biological quality (crickets contain all the 9 essential amino acids in good proportions).

- 10-15% **less carbohydrates**.



- About five times more polyunsaturated fats and a good amount of the essential fatty acids, with 1.2g of Omega 6 and a unique inclusion of **Omega 3** with 5.5 mg per serving.

- Double the amount of **fiber** with 3 g per serving (12% of the daily needs).

- A lower **glycemic index** (GI) and glycemic load (GL), as a result of the levels of carbohydrates, fiber and fat.

- Approximately double the amount of **iron** and calcium (non-dairy).

- Cricket Pasta provides 10% of the recommended daily intake needs of **vitamin B12**, which is completely absent in traditional pastas.

Data sources: Interlink lab tests, USDA Nutrient Database and others as listed at www.bugsolutely.com/nutritional-evaluation

SUSTAINABILITY

Insects are consumed by 80% of non-western countries, because they are a healthy, tasty superfood with exceptional levels of sustainability. They need very little food and water (1,000 times less than a cow) and they grow very quickly. According to the experts, insects are the protein of the future, because 70% of each cricket is protein. For these reasons, FAO and other organizations are supporting edible insects.

PARAMETERS	100 g
Calories (kcal)	388
Calories from fat (kcal)	49
Total fat (g)	5.48
Saturated fat (g)	1.79
Trans fat (g)	0.05
Cholesterol (mg)	21.82
Sodium (mg)	145.04
Carbohydrate (g)	63.05
Dietary fiber (g)	5.35
Sugar (g)	8.27
Protein (Nx6.25) (g)	21.7
Vitamin A (IU)	0
Vitamin C (mg)	1.74
Calcium (mg)	46.89
Iron (mg)	2.58
Vitamin B12 (mcg)	1.13
Ash (g)	1.45
Moisture (g)	8.32
Omega 3 (mg)	10.01
Omega 6 (mg)	2222.8
Omega 9 (mg)	1051.18

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“I paired it with a cream and mushroom sauce. It worked great. The pasta has a slight earthy effect that matches the mushroom. Apart from the nutritional properties, this pasta is simply good.”

Erez Spiegel, chef