

	Protein	Fat	Calcium
Dubia Roaches	23.40%	7.20%	800 mg/kg
Crickets	15.40%	3.30%	275 mg/kg
Superworms	19.70%	17.70%	177 mg/kg
Phoenix Worms	17.50%	14%	9340 mg/kg
Mealworms	18.70%	13.40%	169 mg/kg
Waxworms	14.10%	24.90%	243 mg/kg
Silkworms	9.30%	1.10%	177 mg/kg
Hornworms	9%	3.07%	464 mg/kg