

# NORDIC FOOD LAB





## WHAT WE DO

Nordic Food Lab is a non-profit, open-source organisation that investigates food diversity and deliciousness. Established in 2008. We combine scientific and humanistic approaches with culinary techniques from around the world to explore the edible potential of the Nordic region

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ONE DAY AT THE NORDIC FOOD LAB











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# Insects in gastronomy





# Edible insects

Future prospects for food and feed security





# nutritional content of bee larvae

	<b>Honeybee</b>			<b>Beef</b>	<b>Soybean<sup>d</sup></b>
	<b>Mature larvae</b>	<b>Pupae</b>	<b>Adult<sup>a</sup></b>		
Water	77.0	70.2	72.1	74.1	70.0
Ash	3.0	2.2		1.1	1.5
Protein	15.4	18.2	17.9	17.7 <sup>b</sup>	12.9
Fat	3.7	2.4	2.8	2.8	5.9
Glycogen	0.4	0.8	1	0.1-0.7	2.4 <sup>c</sup>
Vitamin A	107	51.3		0	
Vitamin D	6863	5165			
Chitin/fibre			4.1		1.7

Source: FAO, 2006



# Nutritional content *Locusta Migratoria*

<b>NUTRITIONAL VALUE PER 100 GRAM</b>	<b>Locusta migratoria</b>
	<b>Grasshoppers</b>
<b>Energy (kcal/100g)</b>	559
<b>Fat (g/100g product) of which:</b>	38,1
<b>Saturated fatty acids</b>	13,1
Mono-unsaturated fatty acids	13,0
Poly-unsaturated fatty acids	11,9
<b>Carbohydrates (g/100g product)</b>	1,1
of which sugars (g/100g product)	0*
<b>Fiber (g/100g product)</b>	8,4
<b>Protein (g/100g product)</b>	48,2
<b>Salt (g/100g product)</b>	0,43*

\* no exact details

Source: Kreca





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# Bee larva taco



