



South Africa: Deep-fried caterpillars

In South Africa, deep-fried emperor moth caterpillars, also known as mopane worms, are a Christmas Day delicacy. After harvesting, the caterpillars are squeezed to remove their innards, then singed to remove irritating hairs. The caterpillars are a better source of protein than many common meats such as beef, and are also rich in iron, zinc, and riboflavin (vitamin B2).



Crude protein content



Mopane worm

vs.

Beef

57%

22%

Iron content (per 100 g of dry weight)

Mopane worm

vs.

Beef

31-77 mg per 100 g

6 mg per 100 g