

Table 2. Nutritional composition (g/100 g) and fatty acid profile (% of total fatty acids) of quail breast meat.

Items	Composition ¹
Water	74.5
Protein	23.9
Lipids	4.89
Ash	2.31
Cholesterol	0.07
Total Saturated Fatty Acids (SFA)	32.0
Myristic (C14:0)	0.31
Palmitic (C16:0)	16.6
Stearic (C18:0)	13.1
Total Monounsaturated Fatty Acids (MUFA)	18.8
Myristoleic (C14:1 n-9)	0.00
Palmitoleic (C16:1 n-9)	1.02
Oleic (C18:1 n-9)	15.4
Total Polyunsaturated Fatty Acids (PUFA)	44.1
Linoleic (C18:2 n-6)	32.0
Gamma-Linolenic (C18:3 n-6)	0.12
Alfa-Linolenic (C18:3 n-3)	1.46
Total Omega-6	40.5
Total Omega-3	3.66
Total Omega-6/Omega-3	11.2

¹Cullere M, Woods M J, van Emmenes L, Pieterse E, Hooffman L C, Dalle Zotte A (2019). *Hermetia illucens* larvae reared on different substrates in broiler quails dietary: effect on physicochemical and sensory quality of the quail meat. *Animals*, 9(8):525. doi.org/10.3390/ani9080525.