

**Table 1.** Nutritional composition (g/100 g) and fatty acid profile (% of total fatty acids) of quail eggs.

Items	Composition <sup>1</sup>
Water	72.9
Protein	12.2
Lipids	12.6
Ash	1.11
Cholesterol	0.47
Total Saturated Fatty Acids (SFA)	36.1
Myristic (C14:0)	0.34
Palmitic (C16:0)	24.1
Stearic (C18:0)	11.1
	g
Total Monounsaturated Fatty Acids (MUFA)	35.9
Myristoleic (C14:1 n-9)	0.05
Palmitoleic (C16:1 n-9)	2.71
Oleic (C18:1 n-9)	31.5
Total Polyunsaturated Fatty Acids (PUFA)	25.5
Linoleic (C18:2 n-6)	19.7
Gamma-Linolenic (C18:3 n-6)	0.22
Alfa-Linolenic (C18:3 n-3)	0.61
Total Omega-6	23.5
Total Omega-3	2.07
Omega-6/Omega-3	11.4

<sup>1</sup>Dalle Zotte A, Singh Y, Michiels J, Cullere M (2018). Black soldier fly (*Hermetia illucens*) as dietary source for laying quails: live performance, and egg physic – chemical quality, sensory profile and storage stability. *Animal* 12:3, 640-647.