

Appendix Table S1. Nutrient analysis 2017

| Nutrients | AFG | Method |
|-------------------------------|------------|---|
| Calorie (kcal/100g) | 357.5 | Calorie=Protein*4+Lipid*9+Carbohydrates*4 |
| Protein (g/100g) | 13.05 | Kaida's method |
| Lipid (g/100g) | 1.4 | Acid decomposition method |
| Carbohydrates (g/100g) | 73.2 | 100-(protein+lipid+moisture+ash) |
| Salt (g/100g) | 0.02 | Sodium conversion |
| Sodium (mg/100g) | 8.5 | Atomic absorption spectroscopy |
| Moisture (g/100g) | 8.9 | High pressure drying |
| Ash (g/100g) | 3.75 | Ashing method |
| Fructan (mg/g) | 468.8 | Fructan analysis kit |
| G-SAC (mg/g) | 23.675 | HPLC |
| Alliin (mg/g) | 17.415 | HPLC |
| SAC (mg/g) | 0.785 | HPLC |
| Allicin (mg/g) | 0 | HPLC |
| Organosulfide (mg/g) | 41.875 | |
| Fructan/Sulfide | 11.195 | |