Table S1. P-values of comparison of protein content (% w/w) between different yeast strains.

	Autolysis	Hydrolysis	HPH	Sonic
CSY vs. ESY1	2.57×10^{-7}	3.94×10^{-3}	4.19×10^{-3}	1.00
CSY vs. ESY2	3.43×10^{-9}	2.15×10^{-6}	2.53×10^{-3}	7.98×10^{-1}
ESY1 vs. ESY2	2.06×10^{-4}	4.48×10^{-4}	7.71×10^{-1}	8.10×10^{-1}

n (CSY and ESY1) = 6, n(ESY2) = 4

Table S2. P-values of comparison of protein content (% w/w) between different extraction methodologies.

	CSY	ESY1	ESY2
Hydrolysis vs. autolysis	6.65×10^{-6}	8.11×10^{-13}	4.44×10^{-12}
Hydrolysis vs. raw yeast	6.57×10^{-1}	7.28×10^{-3}	2.96×10^{-5}
Hydrolysis vs. HPH	7.85×10^{-3}	5.74×10^{-9}	4.30×10^{-11}
Hydrolysis vs. sonication	1.31×10^{-2}	4.22×10^{-11}	1.48×10^{-11}
Autolysis vs. raw yeast	1.45×10^{-2}	4.88×10^{-7}	7.93×10^{-9}
Autolysis vs. HPH	3.67×10^{-2}	2.13×10^{-5}	3.37×10^{-3}
Autolysis vs. sonication	2.25×10^{-2}	3.44×10^{-2}	1.60×10^{-1}
Raw yeast vs. HPH	6.69×10^{-1}	1.06×10^{-2}	2.42×10^{-7}
Raw yeast vs. sonication	7.62×10^{-1}	5.36×10^{-5}	4.34×10^{-8}
HPH vs. sonication	9.99×10^{-1}	2.78×10^{-2}	2.38×10^{-1}

n (CSY and ESY1) = 6, n(ESY2) = 4

Table S3. P-values of comparison of protein recovery (%) between different yeast strains.

	Autolysis	Hydrolysis	HPH	Sonic
CSY vs. ESY1	1.00	6.47×10^{-2}	3.50×10^{-7}	2.23×10^{-6}
CSY vs. ESY2	6.32×10^{-1}	9.34×10^{-1}	9.14×10^{-2}	8.07×10^{-2}
ESY1 vs. ESY2	6.18×10^{-1}	1.83×10^{-1}	9.48×10^{-8}	2.88×10^{-4}

n (CSY and ESY1) = 6, n(ESY2) = 4

Table S4. P-values of comparison of protein recovery (%) between different extraction methodologies.

	CSY	ESY1	ESY2
Hydrolysis vs. autolysis	9.98×10^{-1}	1.32×10^{-1}	1.47×10^{-1}
Hydrolysis vs. HPH	1.86×10^{-1}	8.55×10^{-5}	4.85×10^{-3}
Hydrolysis vs. sonication	1.09×10^{-6}	9.13×10^{-1}	3.47×10^{-4}
Autolysis vs. HPH	1.39×10^{-1}	1.52×10^{-2}	1.23×10^{-4}
Autolysis vs. sonication	1.51×10^{-6}	3.65×10^{-2}	1.64×10^{-2}
HPH vs. sonication	2.35×10^{-8}	2.06×10^{-5}	1.45×10^{-6}

n (CSY and ESY1) = 6, n(ESY2) = 4