

**Table S1.** Nutritional composition of sword bean and pod.

<b>Ingredients</b>	<b>SB</b>	<b>SBP</b>
<b>General component (g/100 g)</b>		
Protein	26.3	13.8
Lipid	1	9.8
Moisture	12	7.5
<b>Mineral (mg/100 g)</b>		
Calcium	84	324.5
Phosphorus	353	253.5
Iron	3.7	26.4
Potassium	1296	1549.7
Sodium	5	11.4
<b>Vitamin (mg/100 g)</b>		
β-carotene	–	0.57
Vitamin B1	0.54	0.48
Vitamin B2	0.25	0.38
Vitamin C	0	27.15
Niacin	2	3.03

This data is presented based on 100 g of dry raw material. SB, sword bean; SBP, sword bean pod.