**Supplementary Table 1** – Nutritional and amino acid composition of mycoprotein (dry-weight)

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| **Nutrient Composition / 100 g** | |
| Protein (g) | 45 |
| Fat (g) | 13 |
| Carbohydrate (g) | 10 |
| Fibre (g) | 25 |
| Energy (kcal) | 340 |
| Energy (Kj) | 1423 |
| **Amino Acid Composition / 100 g** | |
| Alanine | 2.8 |
| Arginine | 3.3 |
| Aspartic acid | 4.6 |
| Cystine | 0.4 |
| Glutamic Acid | 5.6 |
| Glycine | 2.0 |
| Histidine | 1.6 |
| Iso-Leucine | 2.4 |
| Leucine | 3.9 |
| Lysine | 3.8 |
| Methionine | 1.0 |
| Phenylalanine | 2.3 |
| Proline | 2.0 |
| Serine | 2.3 |
| Threonine | 2.5 |
| Trypthophan | 0.8 |
| Tyrosine | 1.8 |
| Valine | 2.8 |
| **EAA** | **20.9** |
| **NEAA** | **24.6** |
| **BCAA** | **9.0** |

EAA, total essential amino acids; NEAA, total non-essential amino acids; BCAA, total branched chain amino acids. Data adapted Coelho et al., 2019 (24).