

**S1 Table. Cryo-ET data collection parameters.**

<b>Data collection parameters</b>	
Microscope	Titan Krios G2
Voltage (kV)	300
Camera	Gatan K2
Energy filter	Yes, BioQuantum
Magnification	64000x
Total Electron dosage ( $e^-/\text{\AA}^2$ )	110 to 120
Defocus range ( $\mu\text{m}$ )	-1.5 to 5
Tilt range ( $^\circ$ )	-60 to +60
Tilt angle increment ( $^\circ$ )	2/3
Frames per movie	10
Object pixel size ( $\text{\AA}$ ) at super-resolution mode	2.173
Number of tomograms	50