

Table S1. Data collection and processing

Electron microscope	200 kV FEI Tecnai F20
Detector	Falcon III
Volta phase plate used	Yes
Magnification	100,000x
Pixel size (Å/pixel)	1.052
Electron dose (e ⁻ / Å ² / frame)	1.9
Frames (No.)	39
Total electron dose per movie (e ⁻ / Å ²)	74
Defocus range (μm)	-0.6 to -1.2
Symmetry imposed	C1
Initial particle images (No.)	235,830
Final particle images (No.)	47,933
3D Map resolution (FSC threshold)	14.3 Å (0.5); 12.9 Å (0.143, Gold standard)