

Table S1. The nutrient composition of SMSP.

| Nutrient (unit) | SMSP | | |
|--------------------------------|--|------------|--------|
| Proximal analysis (g/100 g) | Water | 2.85 | |
| | Crude protein | 68.66 | |
| | Crude fat | 10.99 | |
| | Crude ash | 3.26 | |
| | Crude fiber | 1.77 | |
| Amino acids (%) | Glycine | 12.335 | |
| | Alanine | 9.778 | |
| | Serine | 6.757 | |
| | Aspartic acid | 4.679 | |
| | Tyrosine | 4.560 | |
| | Glutamic acid | 3.824 | |
| | Valine | 2.399 | |
| | Lysine | 2.193 | |
| | Threonine | 2.185 | |
| | Leucine | 1.983 | |
| | Arginine | 1.958 | |
| | Phenylalanine | 1.746 | |
| | Isoleucine | 1.214 | |
| | Proline | 1.148 | |
| | Histidine | 1.083 | |
| Vitamins | Methionine | 0.644 | |
| | Cysteine | 0.427 | |
| | Tryptophane | 0.425 | |
| | Vitamin A ($\mu\text{g}/100\text{ g}$) | 576.80 | |
| | Vitamin B1 ($\text{mg}/100\text{ g}$) | 0.26 | |
| | Vitamin B2 ($\text{mg}/100\text{ g}$) | 3.67 | |
| | Vitamin B6 ($\text{mg}/100\text{ g}$) | 0.35 | |
| | Vitamin B12 ($\mu\text{g}/100\text{ g}$) | 0.00 | |
| | Niacin ($\text{mg}/100\text{ g}$) | 1.28 | |
| Minerals (mg/100 g) | Folic acid ($\text{mg}/100\text{ g}$) | 0.40 | |
| | Biotin ($\mu\text{g}/100\text{ g}$) | 0.00 | |
| | Vitamin C ($\text{mg}/100\text{ g}$) | 12.62 | |
| | Polyphenols ($\text{mg}/100\text{ g}$) | Flavonoids | 380.16 |
| | Potassium (K) | 1045.4 | |
| | Phosphorus (P) | 688.27 | |
| | Sulfur (S) | 326.45 | |
| | Magnesium (Mg) | 199.25 | |
| | Calcium (Ca) | 198.90 | |
| | Sodium (Na) | 14.93 | |
| | Zinc (Zn) | 5.76 | |
| | Iron (Fe) | 3.17 | |
| | Manganese (Mn) | 1.60 | |
| Copper (Cu) | 1.20 | | |
| Chromium (Cr) | 0.00 | | |
| Lead (Pb) | 0.00 | | |
| Cadmium (Cd) | 0.00 | | |
| Mercury (Hg) | 0.00 | | |
| Arsenic (As) | 0.00 | | |
| Fatty acids (%) | Myristic acid (C14:0) | 0.17 | |
| | Palmitic acid (C16:0) | 24.49 | |
| | Stearic acid (C18:0) | 8.55 | |

| | |
|------------------------------------|--------|
| Oleic acid (C18:1n-9) | 31.22 |
| Palmitoleic acid (C16:1n-7) | 0.86 |
| Linolenic acid (C18:3n-3) | 27.86 |
| Linoleic acid (C18:2n-6) | 6.50 |
| Eicosenoic acid (C20:1n-9) | 0.23 |
| γ -Linoleic acid (C18:3n-6) | 0.13 |
| Vaccenic acid (C18:1n-7) | 0.00 |
| Eicosatrienoic acid (C20:3n-3) | 0.00 |
| Eicosapentaenoic acid (C20:5n-3) | 0.00 |
| Docosatetraenoic acid (C22:4n-6) | 0.00 |
| Docosahexaenoic acid (C22:6n-3) | 0.00 |
| Total | 100.00 |
| ▪ Saturated fatty acids | 33.21 |
| ▪ Unsaturated fatty acids | 66.79 |
| ▪ Mono-unsaturated | 32.31 |
| ▪ Poly-unsaturated | 34.49 |
| ▪ n-6/n-3 | 0.24 |
