**Supplemental Table S1**.

Chemical composition of whole Mucuna beans1)

|  |  |
| --- | --- |
| Chemical Component | Mucuna beans |
| g/100g of Dry matter |  |
| Carbohydrate | 63.0 |
| Crude protein | 28.3 ± 0.2 |
| Crude lipid | 4.4 ± 0.1 |
| Ash | 4.4 ± 0.1 |
| Reducing sugar | 8.15 ± 2.58 |
| Soluble dietary fiber | 1.8 ± 0.2 |
| Insoluble dietary fiber | 22.0 ± 0.8 |
| Total polyphenol | 5.57 ± 0.21 |
| L-DOPA | 4.53 ± 0.31 |
| Tannins | 1.38 ± 0.10 |
| Saponins | 0.34 ± 0.01 |
| Phytic acid | 0.72 ± 0.02 |
|  |  |
| mg/100g Dry matter |  |
| Potassium | 1533.1 ± 38.6 |
| Magnesium | 14.08 ± 4.3 |
| Calcium | 99.6 ± 3.0 |
| Phosphorus | 377.4 ± 14.1 |
| Sodium | 1.75 ± 0.40 |

1) Iijima K., K. M., Fujii Y., Kasai M., Effect of various cooking conditions on the amount of proximate components and L-DOPA in Mucuna beans. *J. Cookery Sci. Jpn.* **2012,** *45*, 438-446.