

# Supplementary information

**Table S1.** Comparison of nutritional composition in HIL and crushed HIL powder.

Composition	Moisture (%)	Crude carbohydrate (%)	Crude protein (%)	Crude fat (%)	Crude ash (%)
HIL	0.57 ± 0.15	2.84 ± 0.87	8.63 ± 0.98	86.66 ± 1.57	1.30 ± 1.62
Crushed HIL powder	1.19 ± 0.24	20.90 ± 4.66	64.00 ± 4.62	7.17 ± 0.73	10.67 ± 4.60