

Table S1. Dry cooked black beans composition.

Nutrient	g/100 g dry cooked black beans
Protein	17.82
Lipids	1.12
Dietary fiber	17.27
Carbohydrates	55.56
Resistant starch	3.49

*Results expressed in 100g dry basis. AOAC proximal chemical method. %humidity:
4.89%

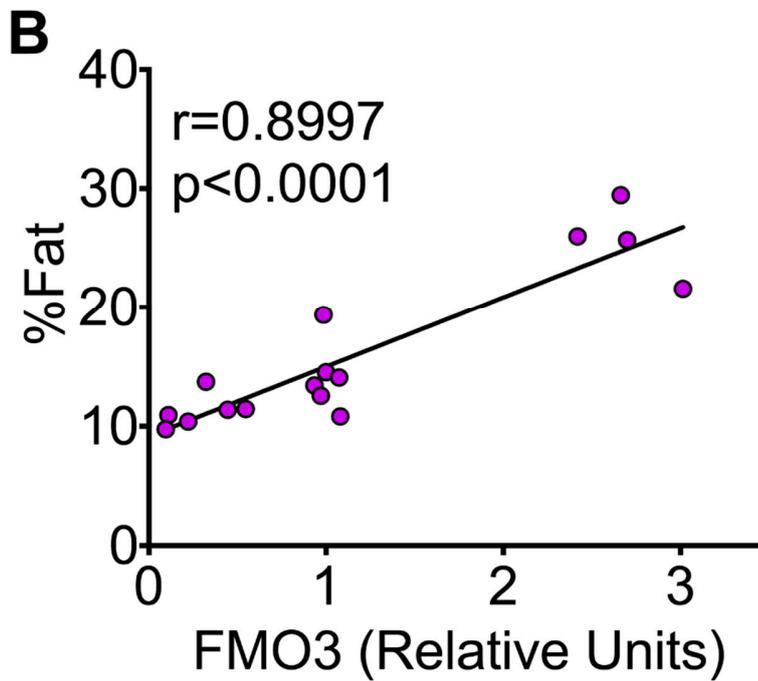
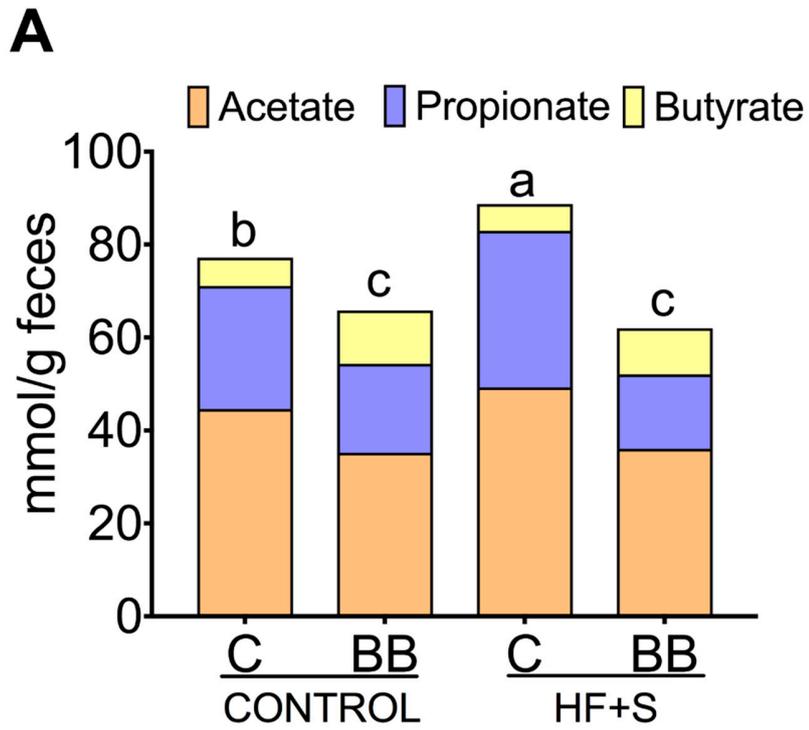


Figure S1. Total SCFA. (A) Fecal total short chain fatty acids, (B) Correlation between % Body fat mass and flavin monooxygenase-3 (FMO3).