

Supplementary table 2. Coefficients of determination R^2 for the values of hardness (N/mm) and total carotenoids (coloured and uncoloured) categorised by treatment. All correlations were significant ($p < 0.05$).

Hardness (N/mm) vs	R^2
Steaming (ST)	- 0.80
Water cooking (WC)	- 0.91
Baking (BK)	- 0.31
Wicrowaving (MW)	- 0.82