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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	R²
Steaming (ST)	- 0.80
Water cooking (WC)	- 0.91
Baking (BK)	- 0.31
Wicrowaving (MW)	- 0.82