

Supplementary information

Table. S1 GI values of starch-BHE complexes and content of different types of starch.

Sample	RDS (%)	SDS (%)	RS (%)	GI
Normal starch	78.02 ± 0.45 ^a	12.48 ± 0.44 ^c	9.48 ± 0.44 ^c	74.63 ± 0.82 ^a
Starch-5% BHE	57.14 ± 0.15 ^b	25.63 ± 0.61 ^b	17.22 ± 0.23 ^b	68.52 ± 0.36 ^b
Starch-10% BHE	52.02 ± 0.51 ^c	28.66 ± 0.75 ^a	19.31 ± 0.74 ^a	62.3 ± 0.41 ^c

Values were expressed as mean ± standard deviation.

Different superscripts in the same column represent significant differences at $p < 0.05$.

Table. S2 Relative crystallinity and short-range order of starch-BHE complexes.

Sample	Relative crystallinity (%)	1047/1022cm ⁻¹	1022/995cm ⁻¹
Normal starch	34.30 ± 0.43 ^c	1.02 ± 0.07 ^a	1.01 ± 0.04 ^a
Starch-5% BHE	42.38 ± 0.13 ^b	1.08 ± 0.09 ^a	0.94 ± 0.06 ^a
Starch-10% BHE	44.50 ± 0.26 ^a	1.12 ± 0.05 ^a	0.82 ± 0.03 ^a

Values were expressed as mean ± standard deviation.

Different superscripts in the same column represent significant differences at $p < 0.05$.