

Table S1. Sensory evaluation standards of black garlic samples.

Index	Sensory Standards	Rating Score
Appearance (9 points)	Black with uniform color, not sticky	7-9
	Dark brown with uneven color, slightly sticky	4-6
	Green with uneven color, severely sticky	1-3
Taste (9 points)	Sweet and sour, harmonious taste	7-9
	Sweet and sour, slightly bitterness	4-6
	No sweet and sour, obviously bitterness	1-3
Odor (9 points)	No fresh garlic smell	7-9
	Mild fresh garlic smell	4-6
	Obviously fresh garlic smell	1-3
Acceptability (9 points)	Soft and non-sticky, best flavor and mouthfeel	7-9
	Slight hard and moderately sticky, good flavor and mouthfeel	4-6
	Hard and severely sticky teeth, bad flavor and mouthfeel	1-3