**Table S2** Number of moles of carbon source required (CS req.) and moles of ATP produced (ATP prod.) (assuming 1 NADH = 1 NADPH = 2 FADH = 2 ATP) for the production of one mole of each amino acid precursor.

| Precursor | Glucose | | Glycerol | | Acetate | |
|---|---|---|---|---|---|---|
| | CS req. | ATP prod. | CS req. | ATP prod. | CS req. | ATP prod. |
| Ribulose-5-P (Ru5P) | 1 | 3 | 1.66 | 1.66 | 3.33 | -1.67 |
| Erythrose-4-P (E4P) | 0.75 | 1 | 1.33 | 1.33 | 2.67 | -1.33 |
| Phosphoenolpyruvat (PEP) | 0.5 | 2 | 1 | 4 | 2 | 2 |
| 2-phospoglycerate (PG) | 0.5 | 2 | 1 | 4 | 2 | 2 |
| Pyruvate (Pyr) | 0.5 | 3 | 1 | 5 | 2 | 3 |
| Acetyl-CoA (AcCoA) | 0.5 | 5 | 1 | 7 | 1 | 1 |
| α-Ketoglutarate (AKG) | 1 | 9 | 2 | 13 | 3 | 4 |
| Oxaloacetate (OAA) | 0.5 | 2 | 1 | 4 | 2 | 3 |