

Appendix 0 Table 4. Data and 3D reconstruction parameters of reference datasets

EMPIAR	Protein	Support film	Resolution	B-factor	# particles	Pixel size (Å)	Acq. scheme	Ref.
10200	ApoF	QF-R2/2 holey carbon	1.65 Å	66 Å ² *	426,450	0.814	multi-shot	<i>Zivanov et al. (2018)</i>
10272	ApoF	Ultrafoil-R0.6/1 + graphene	2.14 Å	54 Å ² **	41,202	0.649	single-shot	<i>Naydenova et al. (2019)</i>
10306	TMV	CF-2/2-2C holey carbon	1.90 Å	41 Å ² **	20,000	0.638	multi-shot	<i>Weis et al. (2019)</i>
10389	Urease	QF-R1.2/1.3 holey carbon	1.98 Å	38 Å ² **	119,020	0.639	both	<i>Righetto et al. (2020)</i>
10708	ApoFtn	cryoChip SiN _x	2.99 Å	88.3 Å ² **	21,238	0.813	multi-shot	this paper

*B-factor from ResLog plot. **B-factors as determined from Guinier plot.
ApoF: horse spleen apoferritin; ApoFtn: *P. furiosus* apoferritin