⚡ super-high-energy compound

step	reactant	product	enzyme	details
1	glucose	glucose-6-phosphate	hexokinase	costs 1 ATP
2	glucose-6-phosphate	fructose-6-phosphate	phosphoglucoisomerase	
3	fructose-6-phosphate	fructose-1,6-bisphosphate	phosphofructokinase 1	costs 1 ATP
4	fructose-1,6-bisphosphate	GADP + DHAP	fructose bisphosphate aldolase	
5	DHAP	GADP	triosephosphate isomerase	
6	GADP	1,3-bisphosphoglycerate	glyceraldehyde phosphate dehydrogenase	costs 1 NAD^+
7	1,3-bisphosphoglycerate	3-phosphoglycerate	phosphoglycerate kinase	produces 1 ATP
8	3-phosphoglycerate	2-phosphoglycerate	phosphoglycerate mutase	
9	2-phosphoglycerate	phosphoenolpyruvate	enolase	$+H_2O$
10	phosphoenolpyruvate	pyruvate	pyruvate kinase	produces 1 ATP

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