Electronic Supplementary Material (ESI) for Food & Function.
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Supplemental Table 1: Phenolic compounds and calculations

	Polyphenols	**Extraction**	**Symbols**	**Molecules / formula**
A	Total flavanol (as monomer equivalent)	phloroglucinolysis	PLG-B_EC	(−)-epicatechin
			PLG-B_CAT	(+)-catechin
			PLG-EC_PLG	(−)-epicatechin phloroglucinol adduct (*i.e.* extension units of the procyanidin structures),
E	Flavanol monomers	acidified methanol	B_EC	(−)-epicatechin
			B_CAT	(+)-catechin
	Procyanidins B	acidified methanol	B_B1	Procyanidin B1
			B_B2	Procyanidin B2
			B_B5	Procyanidin B5
B	Hydroxycinnamic acids	acidified methanol	B_CQA	5-caffeoylquinic acid (Chlorogenic acid)
			B_PCQ	4-*p*-coumaroylquinic acid
C	Flavonols (*i.e.* the series of 6 quercetin glycosides all quantified as hyperoside equivalent)	acidified methanol	B_HYP	Hyperoside
			B_iQUI	IsoQuercitrin
			B_REY	Reynoutrin
			B_AVI	Avicularin
			B_QCI	Quercitrin
			B_RUT	Rutin
D	Dihydrochalcones	acidified methanol	B_XPL	Phloretin xyloglucoside
			B_PLZ	Phloridzin
F	Total procyanidins		Procyanidins = A - E	
G	Average polymerisation degree of procyanidins		DPn = F/((PLG-B_EC + PLG-B_CAT) – E)	
H	Average polymerisation degree of flavanol		DPnf = A/(PLG-B_EC + PLG-B_CAT)	
I	Total polyphenol		PPOH = total flavanol (A) + Phenolic acids (B) + Flavonols (C) + dihydrochalcones (D)	