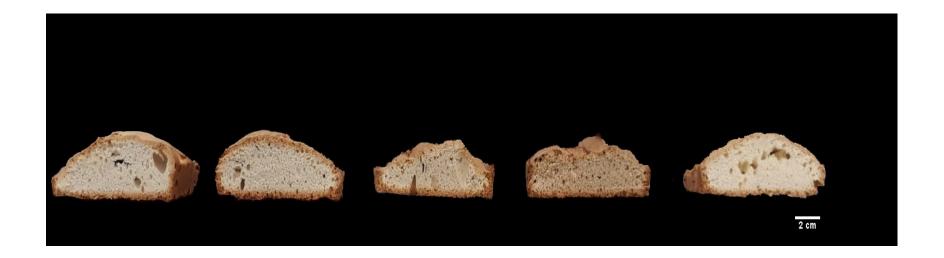
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Banana flour flavonoids dramatically inhibit transepithelial glucose transport in wheat cakes using an in vitro digestion/Caco-

2 intestinal model

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Supplementary material 1. Crumb structure of wheat cake (control sample) and banana flour-enriched wheat cakes. From the left to the right, F cake (freeze-dried banana flour), D cake (oven dried banana flour), FE cake (freeze-dried and extruded banana flour) and wheat cake (control).



Supplementary material 2. Phenolic compounds quantified in banana flours (D, oven-dried; F, freeze-dried; DE, oven-dried and extruded; FE, freeze-dried and extruded), including the m/z ions employed for their quantification. Results are given in mg/100 g. The total content of dietary fiber of banana flours, in g/100 g, as well as the total content of extractable phenolics (EPP) and hydrolyzable phenolics (HPP), in mg/100g, are also included. This data was published in Pico et al. (2019).

	m/z	D	F	DE	FE
Vanillic acid	167.00	nd	nd	nd	nd
Gallic acid	169.20	$0.008 a \pm 0.002$	$0.017 a \pm 0.002$	$0.657 \text{ b} \pm 0.056$	$0.669 b \pm 0.100$
Caffeic acid	179.06	$0.072 b \pm 0.007$	$0.044 a \pm 0.007$	$0.095 b \pm 0.013$	$0.176 c \pm 0.024$
Ferulic acida	193.02	nd	nd	nd	nd
Chlorogenic acid ^a	353.31	nd	nd	nd	nd
Epicatechin	289.30	$1.696 c \pm 0.170$	$1.933 d \pm 0.127$	$0.346 a \pm 0.015$	$1.134 b \pm 0.071$
Catechin	289.07	$0.003 a \pm 0.001$	nd	$0.036 c \pm 0.002$	$0.017 b \pm 0.003$
Quercetin ^b	301.00	<loq< th=""><th><loq< th=""><th><loq< th=""><th><loq< th=""></loq<></th></loq<></th></loq<></th></loq<>	<loq< th=""><th><loq< th=""><th><loq< th=""></loq<></th></loq<></th></loq<>	<loq< th=""><th><loq< th=""></loq<></th></loq<>	<loq< th=""></loq<>
Quercetin 3-glucoside	463.00	$0.029 c \pm 0.004$	$0.016 b \pm 0.003$	$0.003 a \pm 0.000$	$0.007 a \pm 0.001$
Myricetin	317.00	$0.093 b \pm 0.010$	$0.010 a \pm 0.002$	$0.246 c \pm 0.034$	$0.283 c \pm 0.015$
Total content EPP		$337.79 a \pm 9.79$	$335.66 \text{ a} \pm 9.79$	$1195.97 c \pm 14.28$	$515.82 \text{ b} \pm 2.65$
Total content HPP		$1061.22 \text{ a} \pm 2.53$	$1082.9 \text{ a} \pm 6.52$	$1124.63 \text{ b} \pm 8.01$	$1175.87 c \pm 17.42$
Total dietary fiber		$33.3 c \pm 6.6$	$48.0 d \pm 4.3$	$10.1 \ a \pm 0.1$	$15.7 b \pm 0.4$

Values followed by the same letters within each compound indicate no significant differences (p>0.05).

^a nd means "not detectable".

b < LOQ means "under the limits of detection".