

Supplementary Table S1. Phenolic composition of the main phenolics (μg phenolic/day/ rat) in the white-fleshed apple snack, red-fleshed apple snack, and Aronia extract infusion.

Phenolic compounds	White-fleshed apple snack (mean \pm SD)	Red-fleshed apple snack (mean \pm SD)	Aronia extract infusion (mean \pm SD)
Cyanidin arabinoside	6.88 \pm 6.12	167 \pm 6.00	480 \pm 18.0
Cyanidin 3-O-galactoside	21.8 \pm 18.1	1690 \pm 36.0	1426 \pm 48.0
Total Anthocyanins	28.6 \pm 24.2	1857 \pm 42.0	1906 \pm 67.0
Protocatechuic acid	n.d.	108 \pm 67.3	462 \pm 65.0
Coumaric acid hexoside	48.7 \pm 7.03	48.7 \pm 7.03	2.00 \pm 0.00
Ferulic acid hexoside	67.3 \pm 7.44	134 \pm 16.4	5.00 \pm 0.00
Vanillic acid	n.d.	n.d.	14.0 \pm 1.00
Vanillic acid hexoside	58.2 \pm 4.05	271 \pm 7.24	138 \pm 22.0
5-O-caffeoylquinic acid	1386 \pm 28.08	5004 \pm 174	814 \pm 434
3-O-caffeoylquinic acid	n.d.	n.d.	362 \pm 97.0
Gallic acid	n.d.	n.d.	36.0 \pm 5.00
Gallic acid hexoside	n.d.	n.d.	25.0 \pm 6.00
Caffeic acid	n.d.	n.d.	32.0 \pm 1.00
Homogentisic acid	n.d.	n.d.	21.0 \pm 7.00
Total Phenolic acids	1837 \pm 56.2	5566 \pm 211	1911 \pm 638
Catechin	377 \pm 25.3	n.d.	n.d.
Epicatechin	1867 \pm 27.1	353 \pm 49.3	12.0 \pm 1.00
Dimer	3663 \pm 121	438 \pm 18.1	32.0 \pm 7.00
Trimer	350 \pm 51.6	82.0 \pm 7.34	8.00 \pm 1.00
Total Flavan-3-ols	6259 \pm 226	875 \pm 74.9	52.0 \pm 9.00
Quercetin arabinoside	166 \pm 24.3	232 \pm 28.7	5.00 \pm 1.00
Quercetin rhamnoside	230 \pm 26.6	587 \pm 59.7	n.d.
Quercetin glucoside	541 \pm 81.0	279 \pm 35.9	133 \pm 11.0
Quercetin rutinoside	n.d.	n.d.	87.0 \pm 12.0
Total Flavonols	938 \pm 132	1098 \pm 124.5	225 \pm 24.0
Eriodictyol hexoside	n.d.	26.4 \pm 1.42	7.00 \pm 2.00
Naringenin	n.d.	n.d.	n.d.
Total Flavanones	n.d.	26.4 \pm 1.42	7.00 \pm 2.00
Phloretin glucoside	247 \pm 34.5	1371 \pm 160	n.d.
Phloretin xylosyl glucoside	276 \pm 17.6	739 \pm 32.7	n.d.
Hydroxyphloretin xylosyl glucoside	14.2 \pm 1.01	20.5 \pm 1.52	n.d.
Total Dihydrochalcones	536 \pm 53.1	2130 \pm 195	n.d.
TOTAL PHENOLICS	9598 \pm 487	11552 \pm 1420	4101 \pm 740

n.d., non-detected; SD, standard deviation.