

Figure S1. UPLC-MS chromatograms of the phenolic compounds identified in raw and cooked chickpea. (a) Raw chickpea Free phenolic fraction (1 = Gomisins D, 2 = Enterodiol, 3 = Hydroxytyrosol 4-*O*-glucoside, 4 = Pelargonidin 3,5-*O*-diglucoside, 5 = 1,4-Naphthoquinone, 6 = *p*-Coumaroyl glucose); (b) Raw chickpea conjugated phenolic fraction (1 = 6-Geranylnaringenin, 2 = Gomisins D, 3 = Enterodiol, 4 = Isorhamnetin, 5 = Pelargonidin 3,5-*O*-diglucoside); (c) Raw chickpea bound phenolic fraction (1 = Hydroxytyrosol 4-*O*-glucoside, 2 = Gomisins D, 3 = Enterodiol, 4 = Anhydrosecoisolariciresinol, 5 = Phloretin 2'-*O*-glucoside); (d) Cooked chickpea free phenolic fraction (1 = Hydroxytyrosol 4-*O*-glucoside, 2 = Gomisins D, 3 = Enterodiol, 4 = Hesperetin 3',7-*O*-diglucuronide, 5 = Hydroxytyrosol 4-*O*-glucoside, 6 = Pelargonidin 3,5-*O*-diglucoside); (e) Cooked chickpea conjugated phenolic fraction (1 = 6-Geranylnaringenin, 2 = Gomisins D, 3 = Enterodiol); (f) Cooked chickpea bound phenolic fraction (1 = Hydroxytyrosol 4-*O*-glucoside, 2 = Gomisins D, 3 = Enterodiol, 4 = Anhydrosecoisolariciresinol, 5 = 3,4-Diferuloylquinic acid).

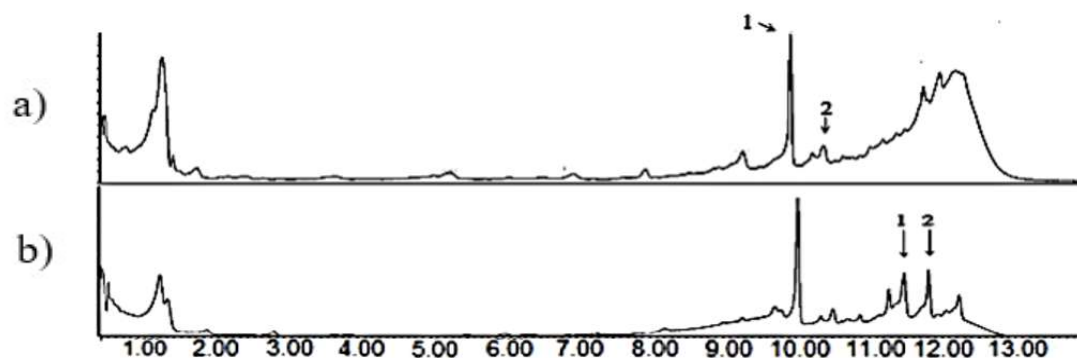


Figure S2. UPLC-MS chromatograms of the phenolic compounds identified in the mouth. (a) Free phenolic fraction (1 = Caffeoyl tartaric acid, 2 = *p*-Coumaroyl tyrosine); (b) Bound phenolic fraction (1 = Syringaldehyde, 2 = Glycitein)

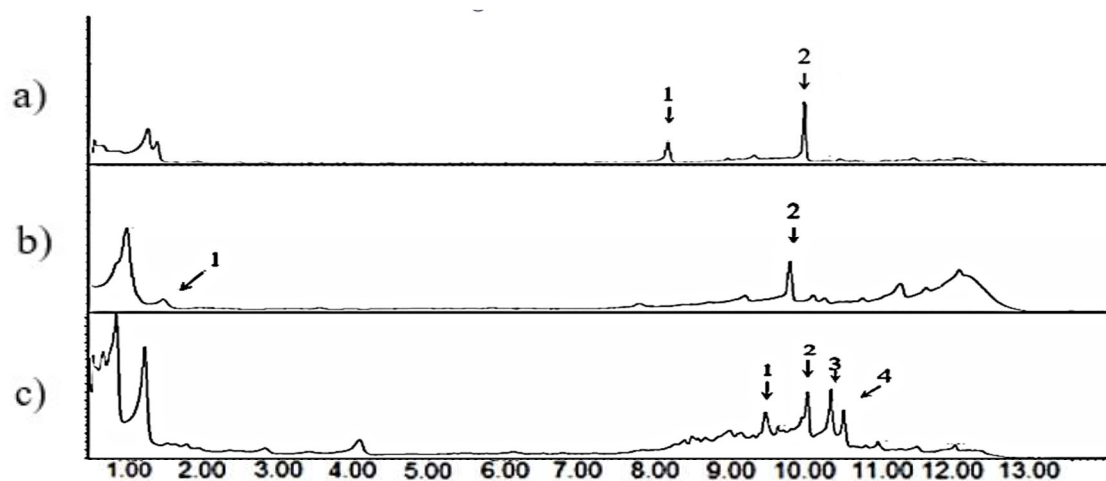


Figure S3. UPLC-MS chromatograms of the phenolic compounds identified in the stomach. (a) Free phenolic fraction (1 = Kaempferol 3'-O-(2''-rhamnosyl-galactoside)7-O-rhamnoside, 2 = Delphinidin 3-O-(6''-acetyl-glucoside)); (b) Conjugated phenolic fraction (1 = 6-Geranylnaringenin, 2 = 1-Caffeoyl-5-feruloylquinic acid); (c) Bound phenolic fraction (1 = (-)-Epigallocatechin 3-O-glucoronide, 2 = Delphinidin 3-O-(6''-acetyl-glucoside)).

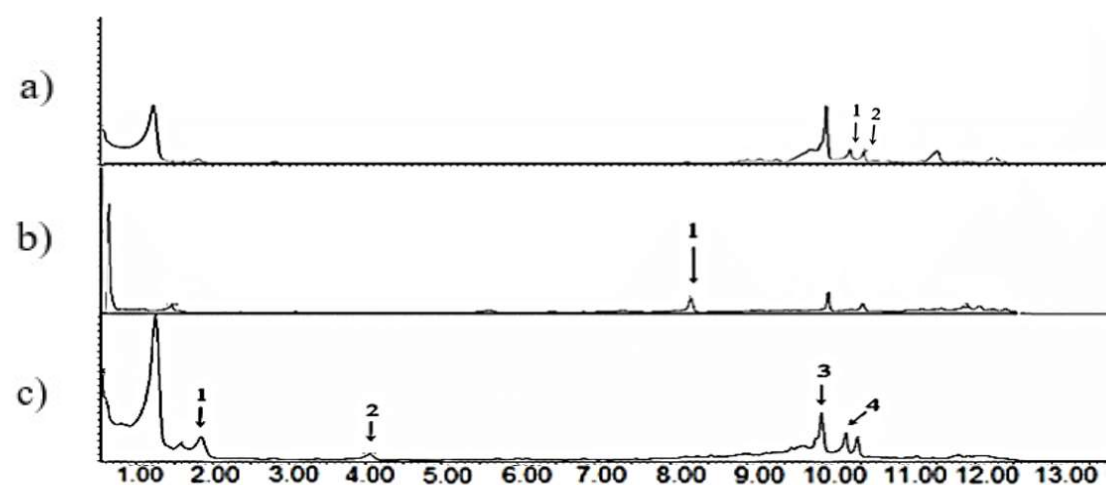


Figure S4. UPLC-MS chromatograms of the phenolic compounds identified in the intestine. (a) Free phenolic fraction (1 = Tyrosol 4-sulfate, 2 = (-)-Epicatechin-(2a-7)(4a-8)-epicatechin 3-O-galactoside); (b) Conjugated phenolic fraction (1 = Pelargonidin 3-O-glucosyl-rutinoside); (c) Bound phenolic fraction (1 = Caffeoyl glucosa, 2 = Pseudobaptigenin, 3 = Delphinidin 3-O-(6''-acetyl-glucoside), 4 = Tyrosol 4-sulfate).