

**Table S2.**

	Decreased value	No change	Increased value
<b>Hot water</b>	<ul style="list-style-type: none"> <li>• Carotenoids</li> <li>• Total hydroxycinnamic acids</li> <li>• Total flavonols</li> <li>• Total glucosinolates</li> <li>• DPPH</li> <li>• Lipase inhibition</li> <li>• Sinapic acid</li> <li>• Kaempferol</li> </ul>	<ul style="list-style-type: none"> <li>• Chlorophyll <i>a</i></li> <li>• Total phenolics</li> <li>• Total flavonoids</li> <li>• Total tannins</li> <li>• Total phenolic acids</li> <li>• ABTS</li> <li>• FRAP</li> <li>• <math>\alpha</math>-amylase inhibition</li> </ul>	<ul style="list-style-type: none"> <li>• Chlorophyll <i>b</i></li> <li>• Lycopene</li> <li>• Porphyrins</li> <li>• Total proanthocyanidins</li> <li>• Soluble sugars</li> <li>• Vitamin C</li> <li>• Ferulic acid</li> <li>• <i>p</i>-Coumaric acid</li> <li>• Quercetin</li> <li>• <math>\alpha</math>-glucosidase inhibition</li> <li>• H<sub>2</sub>O<sub>2</sub></li> <li>• Proline</li> <li>• Lipid peroxidation</li> </ul>
<b>Cold water</b>	<ul style="list-style-type: none"> <li>• Soluble sugars</li> <li>• DPPH</li> <li>• H<sub>2</sub>O<sub>2</sub></li> <li>• Proline</li> </ul>	<ul style="list-style-type: none"> <li>• Chlorophyll <i>a</i></li> <li>• Chlorophyll <i>b</i></li> <li>• Lycopene</li> <li>• Carotenoids</li> <li>• Porphyrins</li> <li>• Total proanthocyanidins</li> <li>• Total hydroxycinnamic acids</li> <li>• Total flavonols</li> <li>• Total phenolics</li> <li>• Total flavonoids</li> <li>• Total tannins</li> <li>• Total phenolic acids</li> <li>• Vitamin C</li> <li>• Ferulic acid</li> <li>• Sinapic acid</li> <li>• Quercetin</li> <li>• Kaempferol</li> <li>• ABTS</li> <li>• FRAP</li> <li>• Lipase inhibition</li> <li>• <math>\alpha</math>-glucosidase inhibition</li> <li>• Lipid peroxidation</li> </ul>	<ul style="list-style-type: none"> <li>• Total glucosinolates</li> <li>• <math>\alpha</math>-Amylase inhibition</li> <li>• <i>p</i>-Coumaric acid</li> </ul>