

**Table S1** Tukey's multiple comparisons test of detectable proteins content

<b>Tukey's multiple comparisons test</b>	<b>Summary</b>	<b>Adjusted P Value</b>
Ribe:Raw vs. Ribe:Boiling	****	<0,0001
Ribe:Raw vs. Ribe:Stewing	****	<0,0001
Ribe:Raw vs. Ribe:Microwaving	****	<0,0001
Ribe:Raw vs. Basmati:Raw	****	<0,0001
Ribe:Raw vs. Basmati:Boiling	****	<0,0001
Ribe:Raw vs. Basmati:Stewing	****	<0,0001
Ribe:Raw vs. Basmati:Microwaving	****	<0,0001
Ribe:Raw vs. Carnaroli:Raw	****	<0,0001
Ribe:Raw vs. Carnaroli:Boiling	****	<0,0001
Ribe:Raw vs. Carnaroli:Stewing	****	<0,0001
Ribe:Raw vs. Carnaroli:Microwaving	****	<0,0001
Ribe:Raw vs. Vialone nano:Raw	****	<0,0001
Ribe:Raw vs. Vialone nano:Boiling	****	<0,0001
Ribe:Raw vs. Vialone nano:Stewing	****	<0,0001
Ribe:Raw vs. Vialone nano:Microwaving	****	<0,0001
Ribe:Raw vs. Fragrance:Raw	****	<0,0001
Ribe:Raw vs. Fragrance:Boiling	****	<0,0001
Ribe:Raw vs. Fragrance:Stewing	****	<0,0001
Ribe:Raw vs. Fragrance:Microwaving	****	<0,0001
Ribe:Raw vs. Arborio:Raw	****	<0,0001
Ribe:Raw vs. Arborio:Boiling	****	<0,0001
Ribe:Raw vs. Arborio:Stewing	****	<0,0001
Ribe:Raw vs. Arborio:Microwaving	****	<0,0001
Ribe:Boiling vs. Ribe:Stewing	****	<0,0001
Ribe:Boiling vs. Ribe:Microwaving	****	<0,0001
Ribe:Boiling vs. Basmati:Raw	****	<0,0001
Ribe:Boiling vs. Basmati:Boiling	****	<0,0001
Ribe:Boiling vs. Basmati:Stewing	****	<0,0001
Ribe:Boiling vs. Basmati:Microwaving	****	<0,0001
Ribe:Boiling vs. Carnaroli:Raw	****	<0,0001
Ribe:Boiling vs. Carnaroli:Boiling	****	<0,0001
Ribe:Boiling vs. Carnaroli:Stewing	****	<0,0001
Ribe:Boiling vs. Carnaroli:Microwaving	****	<0,0001
Ribe:Boiling vs. Vialone nano:Raw	****	<0,0001
Ribe:Boiling vs. Vialone nano:Boiling	****	<0,0001
Ribe:Boiling vs. Vialone nano:Stewing	**	0,0029
Ribe:Boiling vs. Vialone nano:Microwaving	***	0,0003
Ribe:Boiling vs. Fragrance:Raw	****	<0,0001
Ribe:Boiling vs. Fragrance:Boiling	****	<0,0001
Ribe:Boiling vs. Fragrance:Stewing	****	<0,0001
Ribe:Boiling vs. Fragrance:Microwaving	****	<0,0001
Ribe:Boiling vs. Arborio:Raw	****	<0,0001
Ribe:Boiling vs. Arborio:Boiling	****	<0,0001
Ribe:Boiling vs. Arborio:Stewing	****	<0,0001
Ribe:Boiling vs. Arborio:Microwaving	****	<0,0001
Ribe:Stewing vs. Ribe:Microwaving	****	<0,0001
Ribe:Stewing vs. Basmati:Raw	****	<0,0001
Ribe:Stewing vs. Basmati:Boiling	****	<0,0001
Ribe:Stewing vs. Basmati:Stewing	****	<0,0001
Ribe:Stewing vs. Basmati:Microwaving	****	<0,0001
Ribe:Stewing vs. Carnaroli:Raw	****	<0,0001
Ribe:Stewing vs. Carnaroli:Boiling	****	<0,0001
Ribe:Stewing vs. Carnaroli:Stewing	****	<0,0001
Ribe:Stewing vs. Carnaroli:Microwaving	****	<0,0001
Ribe:Stewing vs. Vialone nano:Raw	****	<0,0001
Ribe:Stewing vs. Vialone nano:Boiling	****	<0,0001
Ribe:Stewing vs. Vialone nano:Stewing	****	<0,0001
Ribe:Stewing vs. Vialone nano:Microwaving	****	<0,0001
Ribe:Stewing vs. Fragrance:Raw	****	<0,0001
Ribe:Stewing vs. Fragrance:Boiling	****	<0,0001

Ribe:Stewing vs. Fragrance:Stewing	****	<0,0001
Ribe:Stewing vs. Fragrance:Microwaving	****	<0,0001
Ribe:Stewing vs. Arborio:Raw	****	<0,0001
Ribe:Stewing vs. Arborio:Boiling	****	<0,0001
Ribe:Stewing vs. Arborio:Stewing	****	<0,0001
Ribe:Stewing vs. Arborio:Microwaving	****	<0,0001
Ribe:Microwaving vs. Basmati:Raw	****	<0,0001
Ribe:Microwaving vs. Basmati:Boiling	****	<0,0001
Ribe:Microwaving vs. Basmati:Stewing	****	<0,0001
Ribe:Microwaving vs. Basmati:Microwaving	ns	0,9999
Ribe:Microwaving vs. Carnaroli:Raw	*	0,0250
Ribe:Microwaving vs. Carnaroli:Boiling	****	<0,0001
Ribe:Microwaving vs. Carnaroli:Stewing	****	<0,0001
Ribe:Microwaving vs. Carnaroli:Microwaving	****	<0,0001
Ribe:Microwaving vs. Vialone nano:Raw	****	<0,0001
Ribe:Microwaving vs. Vialone nano:Boiling	****	<0,0001
Ribe:Microwaving vs. Vialone nano:Stewing	****	<0,0001
Ribe:Microwaving vs. Vialone nano:Microwaving	****	<0,0001
Ribe:Microwaving vs. Fragrance:Raw	****	<0,0001
Ribe:Microwaving vs. Fragrance:Boiling	****	<0,0001
Ribe:Microwaving vs. Fragrance:Stewing	****	<0,0001
Ribe:Microwaving vs. Fragrance:Microwaving	****	<0,0001
Ribe:Microwaving vs. Arborio:Raw	****	<0,0001
Ribe:Microwaving vs. Arborio:Boiling	****	<0,0001
Ribe:Microwaving vs. Arborio:Stewing	****	<0,0001
Ribe:Microwaving vs. Arborio:Microwaving	****	<0,0001
Basmati:Raw vs. Basmati:Boiling	****	<0,0001
Basmati:Raw vs. Basmati:Stewing	****	<0,0001
Basmati:Raw vs. Basmati:Microwaving	****	<0,0001
Basmati:Raw vs. Carnaroli:Raw	****	<0,0001
Basmati:Raw vs. Carnaroli:Boiling	****	<0,0001
Basmati:Raw vs. Carnaroli:Stewing	****	<0,0001
Basmati:Raw vs. Carnaroli:Microwaving	****	<0,0001
Basmati:Raw vs. Vialone nano:Raw	****	<0,0001
Basmati:Raw vs. Vialone nano:Boiling	****	<0,0001
Basmati:Raw vs. Vialone nano:Stewing	****	<0,0001
Basmati:Raw vs. Vialone nano:Microwaving	****	<0,0001
Basmati:Raw vs. Fragrance:Raw	****	<0,0001
Basmati:Raw vs. Fragrance:Boiling	****	<0,0001
Basmati:Raw vs. Fragrance:Stewing	****	<0,0001
Basmati:Raw vs. Fragrance:Microwaving	****	<0,0001
Basmati:Raw vs. Arborio:Raw	****	<0,0001
Basmati:Raw vs. Arborio:Boiling	****	<0,0001
Basmati:Raw vs. Arborio:Stewing	****	<0,0001
Basmati:Raw vs. Arborio:Microwaving	****	<0,0001
Basmati:Boiling vs. Basmati:Stewing	****	<0,0001
Basmati:Boiling vs. Basmati:Microwaving	****	<0,0001
Basmati:Boiling vs. Carnaroli:Raw	****	<0,0001
Basmati:Boiling vs. Carnaroli:Boiling	****	<0,0001
Basmati:Boiling vs. Carnaroli:Stewing	****	<0,0001
Basmati:Boiling vs. Carnaroli:Microwaving	****	<0,0001
Basmati:Boiling vs. Vialone nano:Raw	****	<0,0001
Basmati:Boiling vs. Vialone nano:Boiling	****	<0,0001
Basmati:Boiling vs. Vialone nano:Stewing	****	<0,0001
Basmati:Boiling vs. Vialone nano:Microwaving	****	<0,0001
Basmati:Boiling vs. Fragrance:Raw	****	<0,0001
Basmati:Boiling vs. Fragrance:Boiling	****	<0,0001
Basmati:Boiling vs. Fragrance:Stewing	****	<0,0001
Basmati:Boiling vs. Fragrance:Microwaving	****	<0,0001
Basmati:Boiling vs. Arborio:Raw	****	<0,0001
Basmati:Boiling vs. Arborio:Boiling	****	<0,0001
Basmati:Boiling vs. Arborio:Stewing	****	<0,0001
Basmati:Boiling vs. Arborio:Microwaving	****	<0,0001
Basmati:Stewing vs. Basmati:Microwaving	****	<0,0001

Basmati:Stewing vs. Carnaroli:Raw	****	<0,0001
Basmati:Stewing vs. Carnaroli:Boiling	****	<0,0001
Basmati:Stewing vs. Carnaroli:Stewing	****	<0,0001
Basmati:Stewing vs. Carnaroli:Microwaving	****	<0,0001
Basmati:Stewing vs. Vialone nano:Raw	****	<0,0001
Basmati:Stewing vs. Vialone nano:Boiling	****	<0,0001
Basmati:Stewing vs. Vialone nano:Stewing	****	<0,0001
Basmati:Stewing vs. Vialone nano:Microwaving	****	<0,0001
Basmati:Stewing vs. Fragrance:Raw	****	<0,0001
Basmati:Stewing vs. Fragrance:Boiling	****	<0,0001
Basmati:Stewing vs. Fragrance:Stewing	****	<0,0001
Basmati:Stewing vs. Fragrance:Microwaving	****	<0,0001
Basmati:Stewing vs. Arborio:Raw	****	<0,0001
Basmati:Stewing vs. Arborio:Boiling	****	<0,0001
Basmati:Stewing vs. Arborio:Stewing	****	<0,0001
Basmati:Stewing vs. Arborio:Microwaving	****	<0,0001
Basmati:Microwaving vs. Carnaroli:Raw	ns	0,3932
Basmati:Microwaving vs. Carnaroli:Boiling	****	<0,0001
Basmati:Microwaving vs. Carnaroli:Stewing	****	<0,0001
Basmati:Microwaving vs. Carnaroli:Microwaving	****	<0,0001
Basmati:Microwaving vs. Vialone nano:Raw	****	<0,0001
Basmati:Microwaving vs. Vialone nano:Boiling	****	<0,0001
Basmati:Microwaving vs. Vialone nano:Stewing	****	<0,0001
Basmati:Microwaving vs. Vialone nano:Microwaving	****	<0,0001
Basmati:Microwaving vs. Fragrance:Raw	****	<0,0001
Basmati:Microwaving vs. Fragrance:Boiling	****	<0,0001
Basmati:Microwaving vs. Fragrance:Stewing	****	<0,0001
Basmati:Microwaving vs. Fragrance:Microwaving	****	<0,0001
Basmati:Microwaving vs. Arborio:Raw	****	<0,0001
Basmati:Microwaving vs. Arborio:Boiling	****	<0,0001
Basmati:Microwaving vs. Arborio:Stewing	****	<0,0001
Basmati:Microwaving vs. Arborio:Microwaving	****	<0,0001
Carnaroli:Raw vs. Carnaroli:Boiling	****	<0,0001
Carnaroli:Raw vs. Carnaroli:Stewing	****	<0,0001
Carnaroli:Raw vs. Carnaroli:Microwaving	****	<0,0001
Carnaroli:Raw vs. Vialone nano:Raw	****	<0,0001
Carnaroli:Raw vs. Vialone nano:Boiling	****	<0,0001
Carnaroli:Raw vs. Vialone nano:Stewing	****	<0,0001
Carnaroli:Raw vs. Vialone nano:Microwaving	****	<0,0001
Carnaroli:Raw vs. Fragrance:Raw	****	<0,0001
Carnaroli:Raw vs. Fragrance:Boiling	****	<0,0001
Carnaroli:Raw vs. Fragrance:Stewing	****	<0,0001
Carnaroli:Raw vs. Fragrance:Microwaving	****	<0,0001
Carnaroli:Raw vs. Arborio:Raw	****	<0,0001
Carnaroli:Raw vs. Arborio:Boiling	****	<0,0001
Carnaroli:Raw vs. Arborio:Stewing	****	<0,0001
Carnaroli:Raw vs. Arborio:Microwaving	****	<0,0001
Carnaroli:Boiling vs. Carnaroli:Stewing	****	<0,0001
Carnaroli:Boiling vs. Carnaroli:Microwaving	****	<0,0001
Carnaroli:Boiling vs. Vialone nano:Raw	*	0,0134
Carnaroli:Boiling vs. Vialone nano:Boiling	****	<0,0001
Carnaroli:Boiling vs. Vialone nano:Stewing	****	<0,0001
Carnaroli:Boiling vs. Vialone nano:Microwaving	****	<0,0001
Carnaroli:Boiling vs. Fragrance:Raw	****	<0,0001
Carnaroli:Boiling vs. Fragrance:Boiling	****	<0,0001
Carnaroli:Boiling vs. Fragrance:Stewing	****	<0,0001
Carnaroli:Boiling vs. Fragrance:Microwaving	****	<0,0001
Carnaroli:Boiling vs. Arborio:Raw	****	<0,0001
Carnaroli:Boiling vs. Arborio:Boiling	ns	0,1589
Carnaroli:Boiling vs. Arborio:Stewing	****	<0,0001
Carnaroli:Boiling vs. Arborio:Microwaving	****	<0,0001
Carnaroli:Stewing vs. Carnaroli:Microwaving	****	<0,0001
Carnaroli:Stewing vs. Vialone nano:Raw	****	<0,0001
Carnaroli:Stewing vs. Vialone nano:Boiling	****	<0,0001

Carnaroli:Stewing vs. Vialone nano:Stewing	****	<0,0001
Carnaroli:Stewing vs. Vialone nano:Microwaving	****	<0,0001
Carnaroli:Stewing vs. Fragrance:Raw	****	<0,0001
Carnaroli:Stewing vs. Fragrance:Boiling	****	<0,0001
Carnaroli:Stewing vs. Fragrance:Stewing	ns	0,9982
Carnaroli:Stewing vs. Fragrance:Microwaving	****	<0,0001
Carnaroli:Stewing vs. Arborio:Raw	****	<0,0001
Carnaroli:Stewing vs. Arborio:Boiling	****	<0,0001
Carnaroli:Stewing vs. Arborio:Stewing	****	<0,0001
Carnaroli:Stewing vs. Arborio:Microwaving	****	<0,0001
Carnaroli:Microwaving vs. Vialone nano:Raw	****	<0,0001
Carnaroli:Microwaving vs. Vialone nano:Boiling	****	<0,0001
Carnaroli:Microwaving vs. Vialone nano:Stewing	****	<0,0001
Carnaroli:Microwaving vs. Vialone nano:Microwaving	****	<0,0001
Carnaroli:Microwaving vs. Fragrance:Raw	****	<0,0001
Carnaroli:Microwaving vs. Fragrance:Boiling	****	<0,0001
Carnaroli:Microwaving vs. Fragrance:Stewing	****	<0,0001
Carnaroli:Microwaving vs. Fragrance:Microwaving	ns	0,8647
Carnaroli:Microwaving vs. Arborio:Raw	****	<0,0001
Carnaroli:Microwaving vs. Arborio:Boiling	****	<0,0001
Carnaroli:Microwaving vs. Arborio:Stewing	****	<0,0001
Carnaroli:Microwaving vs. Arborio:Microwaving	****	<0,0001
Vialone nano:Raw vs. Vialone nano:Boiling	****	<0,0001
Vialone nano:Raw vs. Vialone nano:Stewing	****	<0,0001
Vialone nano:Raw vs. Vialone nano:Microwaving	****	<0,0001
Vialone nano:Raw vs. Fragrance:Raw	****	<0,0001
Vialone nano:Raw vs. Fragrance:Boiling	****	<0,0001
Vialone nano:Raw vs. Fragrance:Stewing	****	<0,0001
Vialone nano:Raw vs. Fragrance:Microwaving	****	<0,0001
Vialone nano:Raw vs. Arborio:Raw	****	<0,0001
Vialone nano:Raw vs. Arborio:Boiling	ns	>0,9999
Vialone nano:Raw vs. Arborio:Stewing	****	<0,0001
Vialone nano:Raw vs. Arborio:Microwaving	****	<0,0001
Vialone nano:Boiling vs. Vialone nano:Stewing	****	<0,0001
Vialone nano:Boiling vs. Vialone nano:Microwaving	****	<0,0001
Vialone nano:Boiling vs. Fragrance:Raw	****	<0,0001
Vialone nano:Boiling vs. Fragrance:Boiling	****	<0,0001
Vialone nano:Boiling vs. Fragrance:Stewing	****	<0,0001
Vialone nano:Boiling vs. Fragrance:Microwaving	****	<0,0001
Vialone nano:Boiling vs. Arborio:Raw	****	<0,0001
Vialone nano:Boiling vs. Arborio:Boiling	****	<0,0001
Vialone nano:Boiling vs. Arborio:Stewing	****	<0,0001
Vialone nano:Boiling vs. Arborio:Microwaving	****	<0,0001
Vialone nano:Stewing vs. Vialone nano:Microwaving	ns	>0,9999
Vialone nano:Stewing vs. Fragrance:Raw	****	<0,0001
Vialone nano:Stewing vs. Fragrance:Boiling	****	<0,0001
Vialone nano:Stewing vs. Fragrance:Stewing	****	<0,0001
Vialone nano:Stewing vs. Fragrance:Microwaving	****	<0,0001
Vialone nano:Stewing vs. Arborio:Raw	****	<0,0001
Vialone nano:Stewing vs. Arborio:Boiling	****	<0,0001
Vialone nano:Stewing vs. Arborio:Stewing	****	<0,0001
Vialone nano:Stewing vs. Arborio:Microwaving	****	<0,0001
Vialone nano:Microwaving vs. Fragrance:Raw	****	<0,0001
Vialone nano:Microwaving vs. Fragrance:Boiling	****	<0,0001
Vialone nano:Microwaving vs. Fragrance:Stewing	****	<0,0001
Vialone nano:Microwaving vs. Fragrance:Microwaving	****	<0,0001
Vialone nano:Microwaving vs. Arborio:Raw	****	<0,0001
Vialone nano:Microwaving vs. Arborio:Boiling	****	<0,0001
Vialone nano:Microwaving vs. Arborio:Stewing	****	<0,0001
Vialone nano:Microwaving vs. Arborio:Microwaving	****	<0,0001
Fragrance:Raw vs. Fragrance:Boiling	****	<0,0001
Fragrance:Raw vs. Fragrance:Stewing	****	<0,0001
Fragrance:Raw vs. Fragrance:Microwaving	****	<0,0001
Fragrance:Raw vs. Arborio:Raw	****	<0,0001

Fragrance:Raw vs. Arborio:Boiling	****	<0,0001
Fragrance:Raw vs. Arborio:Stewing	****	<0,0001
Fragrance:Raw vs. Arborio:Microwaving	****	<0,0001
Fragrance:Boiling vs. Fragrance:Stewing	****	<0,0001
Fragrance:Boiling vs. Fragrance:Microwaving	****	<0,0001
Fragrance:Boiling vs. Arborio:Raw	****	<0,0001
Fragrance:Boiling vs. Arborio:Boiling	****	<0,0001
Fragrance:Boiling vs. Arborio:Stewing	*	0,0494
Fragrance:Boiling vs. Arborio:Microwaving	ns	>0,9999
Fragrance:Stewing vs. Fragrance:Microwaving	****	<0,0001
Fragrance:Stewing vs. Arborio:Raw	****	<0,0001
Fragrance:Stewing vs. Arborio:Boiling	****	<0,0001
Fragrance:Stewing vs. Arborio:Stewing	****	<0,0001
Fragrance:Stewing vs. Arborio:Microwaving	****	<0,0001
Fragrance:Microwaving vs. Arborio:Raw	****	<0,0001
Fragrance:Microwaving vs. Arborio:Boiling	****	<0,0001
Fragrance:Microwaving vs. Arborio:Stewing	****	<0,0001
Fragrance:Microwaving vs. Arborio:Microwaving	****	<0,0001
Arborio:Raw vs. Arborio:Boiling	****	<0,0001
Arborio:Raw vs. Arborio:Stewing	****	<0,0001
Arborio:Raw vs. Arborio:Microwaving	****	<0,0001
Arborio:Boiling vs. Arborio:Stewing	****	<0,0001
Arborio:Boiling vs. Arborio:Microwaving	****	<0,0001
Arborio:Stewing vs. Arborio:Microwaving	ns	0,0909