

## SUPPLEMENTARY TABLES

**S1.** Concentration of the phenolic compounds from avocado peel (AP) released after the simulated intestinal digestion of oil-in-water emulsions, with or without low methoxyl pectin (LMP).

Phenolic compounds	Digested emulsion				Released fraction			
	Containing LMP		Without LMP		Containing LMP		Without LMP	
	Blank emulsion	Emulsion with AP extract	Blank emulsion	Emulsion with AP extract	Blank emulsion	Emulsion with AP extract	Blank emulsion	Emulsion with AP extract
Protocatechuic acid glucoside	n.d.	n.d.	n.d.	7.67	n.d.	n.d.	n.d.	n.d.
Hydroxytyrosol	n.d.	n.d.	n.d.	n.d.	n.d.	0.39 ± 0.26	n.d.	0.64
Hydroxytyrosol glucoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Hydroxytyrosol glucoside arabinoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Tyrosol glucoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Tyrosol glucoside arabinoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Salidroside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
P-coumaric acid	0.50 ± 0.00	17.1 ± 0.26	n.d.	60.1	0.81 ± 0.54	46.4 ± 5.77	4.79	71.7
Coumaroylquinic acid	n.d.	0.42 ± 0.39	n.d.	3.77	n.d.	1.77 ± 0.12	n.d.	4.30
Caffeic acid	0.63 ± 0.50	15.3 ± 0.79	n.d.	62.8	0.73 ± 0.23	36.4 ± 0.68	9.65	73.1
Caffeoylshikimic acid	n.d.	0.17 ± 0.03	n.d.	1.10	n.d.	0.53 ± 0.26	n.d.	10.5
Caffeic acid glucoside	n.d.	0.38 ± 0.21	n.d.	1.92	n.d.	0.33 ± 0.24	n.d.	0.86
3- <i>O</i> -caffeoylquinic acid	3.39 ± 1.52	4.96 ± 2.28	n.d.	21.8	n.d.	327.0 ± 28.7	n.d.	0.84
4- <i>O</i> -caffeoylquinic acid	n.d.	2.25 ± 0.34	n.d.	8.43	n.d.	6.76 ± 1.34	n.d.	13.0
5- <i>O</i> -caffeoylquinic acid	2.56 ± 2.47	45.0 ± 7.36	n.d.	232.6	n.d.	101.2 ± 7.36	n.d.	281.5
(Iso) ferulic acid	n.d.	3.05 ± 0.50	n.d.	10.2	0.41 ± 0.00	7.96 ± 0.47	n.d.	10.2
Dihydroferulic acid	n.d.	0.32 ± 0.09	n.d.	0.60	n.d.	0.81 ± 0.01	n.d.	1.29
Ferulic acid glucoside	n.d.	2.23 ± 0.47	n.d.	11.4	n.d.	7.19 ± 1.58	n.d.	17.8
Dihydroferulic acid glucoside	n.d.	0.49 ± 0.15	n.d.	1.06	n.d.	0.85 ± 0.28	n.d.	2.59
4- <i>O</i> -feruoylquinic acid	n.d.	1.14 ± 0.34	n.d.	2.83	n.d.	2.88 ± 0.02	n.d.	4.69
5- <i>O</i> -feruoylquinic acid	n.d.	n.d.	n.d.	n.d.	n.d.	3.29 ± 0.19	n.d.	6.25
6- <i>O</i> -feruoylquinic acid	n.d.	2.19 ± 0.12	n.d.	6.58	n.d.	5.47 ± 0.13	n.d.	8.60
<b>Total phenolic acids</b>	<b>7.5 ± 4.46</b>	<b>95.01 ± 11.70</b>	<b>n.d.</b>	<b>425.19</b>	<b>5.67 ± 0.87</b>	<b>124.31 ± 12.12</b>	<b>14.44</b>	<b>507.86</b>
Catechin	2.92 ± 2.88	71.4 ± 3.46	n.d.	518.3	n.d.	63.2 ± 6.63	n.d.	175.8
Epicatechin	6.60 ± 7.40	810.1 ± 100.9	n.d.	271.8	n.d.	815.6 ± 88.5	n.d.	2038.4
Epigallocatechin	n.d.	n.d.	n.d.	10.8	n.d.	n.d.	n.d.	n.d.
Catechin glucoside	n.d.	n.d.	n.d.	11.5	n.d.	n.d.	n.d.	n.d.
Epicatechin glucoside	n.d.	32.8 ± 9.58	n.d.	177.9	n.d.	39.0 ± 9.20	n.d.	115.2
Dimer (type A)	n.d.	72.4 ± 16.6	n.d.	368.7	n.d.	42.0 ± 5.58	n.d.	122.2
Dimer (type B)	n.d.	774.6 ± 57.9	n.d.	4616.0	n.d.	813.9 ± 34.7	n.d.	2218.2
Trimer (type A)	1.93 ± 0.66	49.0 ± 15.5	n.d.	481.7	n.d.	45.8 ± 5.13	n.d.	143.3

Trimer (type B)	n.d.	173.9 ± 22.4	n.d.	2098.7	n.d.	208.1 ± 3.55	n.d.	277.7
Tetramer	n.d.	4.53 ± 4.41	n.d.	118.1	n.d.	13.6 ± 0.12	n.d.	61.8
Pentamer	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Hexamer	n.d.	n.d.	n.d.	38.4	n.d.	n.d.	n.d.	n.d.
Quercetin	n.d.	2.50 ± 1.13	n.d.	4.15	n.d.	n.d.	n.d.	3.78
Quercetin arabinoside	n.d.	0.70 ± 0.06	n.d.	2.72	n.d.	n.d.	n.d.	3.33
Quercetin rhamnoside	n.d.	0.83 ± 0.54	n.d.	2.06	n.d.	n.d.	n.d.	2.06
Quercetin glucoside	n.d.	34.0 ± 10.4	n.d.	131.7	n.d.	22.2 ± 5.61	n.d.	49.8
Quercetin glucuronide	n.d.	13.6 ± 0.47	n.d.	76.4	n.d.	27.5 ± 1.26	n.d.	74.3
Quercetin glucoside arabinoside	n.d.	257.8 ± 96.1	n.d.	913.7	n.d.	244.8 ± 45.8	n.d.	568.1
Quercetin rutinoside	n.d.	11.2 ± 1.36	n.d.	34.6	n.d.	17.9 ± 6.01	n.d.	29.9
Quercetin diglucoside	n.d.	164.4 ± 82.8	n.d.	396.3	n.d.	164.6 ± 22.4	n.d.	855.5
Multinoside A	n.d.	43.2 ± 2.28	n.d.	103.8	n.d.	37.9 ± 2.53	n.d.	132.3
Kaempferol glucoside	n.d.	7.62 ± 2.43	n.d.	23.3	n.d.	n.d.	n.d.	n.d.
Kampeferol glucosido arabinoside	n.d.	84.4 ± 7.22	n.d.	148.4	n.d.	60.4 ± 14.1	n.d.	183.4
Kampeferol rutinoside	n.d.	29.0 ± 1.95	n.d.	59.1	n.d.	25.6 ± 2.78	n.d.	81.7
Kampeferol diglucoside	n.d.	103.5 ± 41.8	n.d.	159.1	n.d.	174.8 ± 2.83	n.d.	317.9
Isorhamnetin arabinoside	n.d.	0.16 ± 0.00	n.d.	0.33	n.d.	n.d.	n.d.	n.d.
Isorhamnetin glucuronide	n.d.	2.58 ± 0.37	n.d.	13.2	n.d.	6.96 ± 3.33	n.d.	25.0
Isorhamnetin arabinoside glucoside	n.d.	0.61 ± 0.20	n.d.	1.51	n.d.	0.52 ± 0.01	n.d.	1.65
Isorhamnetin derivative	n.d.	1.29 ± 0.88	n.d.	4.01	n.d.	2.39 ± 0.59	n.d.	5.48
<b>Total Flavonoids</b>	<i>11.4 ± 10.9</i>	<i>2745.93 ± 291.56</i>	<i>n.d.</i>	<i>13997.3</i>	<i>n.d.</i>	<i>2827.06 ± 193.95</i>	<i>n.d.</i>	<i>7487.1</i>
Penstemide	n.d.	9.08 ± 0.61	n.d.	58.2	n.d.	22.3 ± 5.70	n.d.	40.9
Cinchonain	n.d.	4.53 ± 3.02	n.d.	28.8	n.d.	n.d.	n.d.	n.d.
nudiposide	n.d.	1.64 ± 0.29	n.d.	3.84	n.d.	4.11 ± 0.82	n.d.	7.23
<b>Total terpenes</b>	<i>n.d.</i>	<i>15.2 ± 3.36</i>	<i>n.d.</i>	<i>90.8</i>	<i>n.d.</i>	<i>26.4 ± 4.88</i>	<i>n.d.</i>	<i>48.1</i>
<b>TOTAL (mg/100 g)</b>	<i>24.5 ± 17.1</i>	<i>2856.1 ± 185.6</i>	<i>6.89</i>	<i>14520.0</i>	<i>2.93 ± 1.30</i>	<i>3402.7 ± 158.3</i>	<i>27.0</i>	<i>8836.3</i>
<b>TOTAL (g/100 g)</b>	<i>0.02 ± 0.02</i>	<i>2.86 ± 0.19</i>	<i>0.01</i>	<i>14.5</i>	<i>0.00 ± 0.00</i>	<i>3.40 ± 0.16</i>	<i>0.03</i>	<i>8.84</i>

Data expressed as mg individual phenolic compound per 100 g of sample ± standard deviation.

**S2.** Concentration of the phenolic compounds from avocado seed (AS) released after the simulated intestinal digestion of oil-in-water emulsions, with or without low methoxyl pectin (LMP).

Phenolic compounds	Digested emulsion				Released fraction			
	Containing LMP		Without LMP		Containing LMP		Without LMP	
	Blank emulsion	Emulsion with AS extract	Blank emulsion	Emulsion with AS extract	Blank emulsion	Emulsion with AS extract	Blank emulsion	Emulsion with AS extract
<i>p</i> -hydroxybenzoic acid	0.76 ± 0.33	1.16 ± 0.11	0.69	2.90	0.98 ± 0.36	1.89 ± 0.14	1.26	3.37
Protocatechuic acid	n.d.	3.88 ± 0.03	n.d.	12.0	n.d.	n.d.	n.d.	n.d.
Protocatechuic acid glucoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Hydroxytyrosol	n.d.	0.63 ± 0.36	n.d.	2.56	n.d.	1.09 ± 0.63	n.d.	3.75
Hydroxytyrosol glucoside	n.d.	2.34 ± 0.06	n.d.	12.2	n.d.	4.14 ± 0.15	n.d.	11.0
Hydroxytyrosol glucoside arabinoside	n.d.	8.79 ± 1.55	n.d.	37.9	n.d.	10.8 ± 1.90	n.d.	43.2
Tyrosol glucoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Tyrosol glucoside arabinoside	n.d.	23.0 ± 3.20	n.d.	119.3	n.d.	n.d.	n.d.	n.d.
Salidroside	5.24 ± 1.33	116.9 ± 4.48	n.d.	1013.1	n.d.	78.0 ± 0.43	n.d.	194.1
Hydroxysalidroside	n.d.	9.40 ± 5.89	n.d.	67.7	n.d.	2.34 ± 3.31	n.d.	n.d.
<i>p</i> -coumaric acid	0.49 ± 0.00	2.95 ± 0.08	n.d.	7.72	0.81 ± 0.54	6.00 ± 0.54	0.48	9.12
Coumaroylquinic acid	n.d.	4.47 ± 0.20	n.d.	23.4	n.d.	14.6 ± 0.14	n.d.	30.3
Caffeic acid	0.63 ± 0.46	15.2 ± 0.03	n.d.	52.2	0.73 ± 0.23	23.5 ± 2.39	0.96	55.0
Dihydrocaffeic acid	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Caffeoylshikimic acid	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Caffeic acid glucoside	n.d.	n.d.	n.d.	1.53	n.d.	0.72 ± 0.02	n.d.	1.67
Dihydrocaffeic acid glucoside	n.d.	n.d.	n.d.	2.20	n.d.	0.96 ± 0.12	n.d.	1.6
3- <i>O</i> -caffeoylquinic acid	3.39 ± 1.52	95.3 ± 7.19	n.d.	669.3	n.d.	199.9 ± 54.7	n.d.	748.1
5- <i>O</i> -caffeoylquinic acid	n.d.	85.6 ± 10.3	n.d.	310	n.d.	185 ± 12.7	n.d.	630
4- <i>O</i> -caffeoylquinic acid	2.56 ± 2.47	69.5 ± 2.45	n.d.	287.9	n.d.	146.3 ± 20.7	n.d.	332.5
( <i>iso</i> ) ferulic acid	n.d.	n.d.	n.d.	n.d.	0.41 ± 0.00	0.58 ± 0.09	n.d.	0.64
Ferulic acid glucoside	n.d.	1.20 ± 0.33	n.d.	6.34	n.d.	2.37 ± 1.60	n.d.	5.30
Dihydroferulic acid glucoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
3- <i>O</i> -feruloylquinic acid	n.d.	0.86 ± 0.15	n.d.	3.49	n.d.	2.46 ± 0.06	n.d.	4.37
5- <i>O</i> -feruloylquinic acid	n.d.	n.d.	n.d.	n.d.	n.d.	1.59 ± 0.01	n.d.	2.85
4- <i>O</i> -feruloylquinic acid	n.d.	2.62 ± 0.02	n.d.	12.5	n.d.	5.64 ± 0.18	n.d.	14.6
<b>Total phenolic acids</b>	<b>10.16 ± 6.11</b>	<b>366.4 ± 27.60</b>	<b>0.69</b>	<b>2365.4</b>	<b>2.52 ± 1.13</b>	<b>521.5 ± 88.38</b>	<b>2.7</b>	<b>1530.90</b>
Catechin	2.92 ± 2.88	55.0 ± 5.06	n.d.	574.8	n.d.	54.4 ± 8.71	n.d.	233.6
Epicatechin	6.60 ± 7.40	201.6 ± 49.1	n.d.	1030.6	n.d.	122.6 ± 10.5	n.d.	433.7
Epigallocatechin	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Epicatequina galato	n.d.	1.09 ± 0.63	n.d.	7.22	n.d.	7.56 ± 0.45	n.d.	16.6

Catechin glucoside	n.d.	11.0 ± 3.66	n.d.	60.5	n.d.	16.4 ± 2.19	n.d.	56.6
Epicatechin glucoside	n.d.	20.6 ± 4.56	n.d.	106.0	n.d.	n.d.	n.d.	n.d.
Dimer (type A)	n.d.	26.6 ± 2.42	n.d.	129.5	n.d.	8.53 ± 2.57	n.d.	49.3
Dimer (type B)	n.d.	88.7 ± 1.30	n.d.	754.8	n.d.	70.4 ± 11.1	n.d.	391.9
Trimer (type A)	1.93 ± 0.66	306.6 ± 5.77	n.d.	1446.4	n.d.	154.3 ± 24.1	n.d.	734.6
Trimer (type B)	n.d.	7.20 ± 0.37	n.d.	65.6	n.d.	3.78 ± 0.08	n.d.	31.2
Tetramer	n.d.	0.52 ± 0.73	n.d.	6.26	n.d.	n.d.	n.d.	7.39
Quercetin glucoside	n.d.	3.63 ± 1.38	n.d.	11.2	n.d.	2.19 ± 0.00	n.d.	7.56
Quercetin diglucoside	n.d.	3.40 ± 0.63	n.d.	11.1	n.d.	4.26 ± 0.23	n.d.	8.74
Quercetin glucuronide	n.d.	n.d.	n.d.	n.d.	n.d.	0.57 ± 0.81	n.d.	n.d.
Quercetin glucoside arabinoside	n.d.	n.d.	n.d.	n.d.	n.d.	2.30 ± 0.22	n.d.	2.57
Quercetin rutinósido	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Kaempferol glucoside	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.
Kampeferol glucosido arabinoside	n.d.	n.d.	n.d.	n.d.	n.d.	1.44 ± 2.03	n.d.	n.d.
<i>Total kaempferol derivates</i>	n.d.	n.d.	n.d.	n.d.	n.d.	1.44 ± 2.03	n.d.	n.d.
Isorhamnetin arabinoside	n.d.	1.77 ± 0.59	n.d.	3.95	n.d.	0.96 ± 0.08	n.d.	2.93
<b><i>Total flavonoids</i></b>	<b><i>11.4. ± 10.9</i></b>	<b><i>727.8 ± 76.2</i></b>	<b><i>0.69</i></b>	<b><i>4207.95</i></b>	<b><i>n.d.</i></b>	<b><i>498.17 ± 60.93</i></b>	<b><i>n.d.</i></b>	<b><i>1976.73</i></b>
Penstemide	n.d.	2.73 ± 0.11	n.d.	9.60	n.d.	9.08 ± 1.03	n.d.	21.8
<b><i>Total terpenes</i></b>	<b><i>n.d.</i></b>	<b><i>2.73 ± 0.10</i></b>	<b><i>n.d.</i></b>	<b><i>9.60</i></b>	<b><i>n.d.</i></b>	<b><i>9.08 ± 1.03</i></b>	<b><i>n.d.</i></b>	<b><i>21.8</i></b>
<b><i>TOTAL (mg/kg)</i></b>	<b><i>21.56 ± 17.01</i></b>	<b><i>1097.30 ± 103.90</i></b>	<b><i>0.69</i></b>	<b><i>6582.95</i></b>	<b><i>2.52 ± 1.13</i></b>	<b><i>1028.75 ± 150.34</i></b>	<b><i>2.70</i></b>	<b><i>3529.43</i></b>
<b><i>TOTAL (g/kg)</i></b>	<b><i>0.02 ± 0.02</i></b>	<b><i>1.10 ± 0.10</i></b>	<b><i>0.00</i></b>	<b><i>6.58</i></b>	<b><i>0.00 ± 0.00</i></b>	<b><i>1.03 ± 0.15</i></b>	<b><i>0.00</i></b>	<b><i>3.53</i></b>

Data expressed as mg individual phenolic compound per 100 g of sample ± standard deviation.

