**Supplementary Table S1.** Overview of analytical methods used to extract lipid fraction.

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| --- | --- | --- |
| **Mild technology** |  | **Conventional extractions** |
| SFE-CO2 | **Lipid fraction** | Christie and Han, 2010 |
| **Tocopherols:**α-, β-, γ-, δ. | Slavin and Yu, 2012 |
| **Phytosterols**:Campesterol,β-sitosterol. |
| **Free fatty acids**:palmitic acid (C16:0),stearic acid (C18:0),oleic acid (C18:1),linoleic acid (C18:2),linolenic acid (C18:3). | Phippen *et al*., 2006 |