**Table S1. MRM transitions and mass spectrometer parameters.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Polyphenols | Time（min） | Parent ion（m/z） | Daughter ion（m/z） | Cone voltage（V） | Collision energy（eV） |
| Cryptochlorogenic acid | 1.74 | 353.19 | 172.99/178.98 | 34 | 16 |
| Caffeic acid | 1.84 | 179.13 | 91.15/107.16 | 6 | 26, 30 |
| *p*-Coumaric acid | 2.49 | 163.13 | 93.17/119.4 | 30 | 28, 30 |
| Ferulic acid | 2.91 | 193.09 | 134.16/178.09 | 8 | 22, 18 |
| Quercetin | 4.83 | 303.08 | 152.09/137.08 | 62 | 46 |
| Rutin | 3.03 | 611.17 | 303.14/465.22 | 2 | 16, 36 |
| Sinapic acid | 2.98 | 223.11 | 165.15/208.14 | 24 | 18 |
| Vanillic acid | 1.85 | 167.11 | 152.09/108.15 | 56 | 16, 22 |

MRM: multiple reaction monitoring.