

Table S1. Proximal composition and energy value of the experimental breads: BYB, leavened with baker's yeast 1.5% for 90 min at 30 °C; SB, sourdough bread leavened with S₄ (20%) and baker's yeast 1.5% for 90 min at 30°C; t-SB, sourdough bread leavened with S₂₄ (20%) for 4 h at 30 °C. .

	BYB	SB	t-SB
Energy value (kJ/100g)	1201 ± 52 ^a	1194 ± 57 ^a	1176 ± 51 ^a
Total carbohydrates (% of d.m.)	84.5 ± 0.2 ^a	83.8 ± 0.3 ^a	83.5 ± 0.2 ^a
Dietary Fibre (% of d.m.)	3.10 ± 0.07 ^a	3.05 ± 0.07 ^a	3.18 ± 0.08 ^a
Lipids (% of d.m.)	1.3 ± 0.1 ^a	1.2 ± 0.2 ^a	1.2 ± 0.1 ^a
Proteins (% of d.m.)	10.9 ± 0.5 ^a	10.8 ± 0.6 ^a	11.1 ± 0.4 ^a
Ash (% of d.m.)	0.5 ± 0.1 ^a	0.4 ± 0.1 ^a	0.5 ± 0.1 ^a

d.m.: dry matter, The data are the means of three independent experiments ± standard deviations ($n = 3$). Values in the same row with different superscript letters differ significantly ($p < 0.05$).

Table S2. Gastrointestinal motility: data resulting from the study of the gastric and gallbladder emptying and H₂ breath technique. BYB, leavened with baker's yeast 1.5% for 90 min at 30 °C; SB, sourdough bread leavened with S₄ (20%) and baker's yeast 1.5% for 90 min at 30 °C; t-SB, sourdough bread leavened with S₂₄ (20%) for 4 h at 30 °C. NU, Nutridrink.

		BYB	SB	t-SB	NU
Gastric emptying					
Basal antral area	cm ²	4.3 ± 0.3 ^a	4.0 ± 0.2 ^a	4.2 ± 0.1 ^a	4.1 ± 0.2 ^a
Max. postprandial antral area	cm ²	11.4 ± 0.4 ^a	11.7 ± 0.5 ^a	11.4 ± 0.5 ^a	10.7 ± 0.4 ^a
Residual antral area	cm ²	4.7 ± 0.2 ^a	4.2 ± 0.1 ^b	4.2 ± 0.1 ^b	4.8 ± 0.2 ^a
AUC	cm ² × 120 min	854 ± 119 ^a	774 ± 105 ^a	758 ± 105 ^b	765 ± 19.1 ^a
Half-emptying time	min	43.7 ± 4.4 ^a	34.8 ± 2.4 ^b	30.8 ± 2.3 ^b	29.0 ± 1.9 ^b
Emptying rate	cm ² /min	-1.20 ± 0.1 ^a	-0.28 ± 0.1 ^c	-0.24 ± 0.0 ^c	-0.66 ± 0.0 ^b
Gallbladder emptying					
Fasting vol.	mL	18.9 ± 1.3 ^a	18.6 ± 1.1 ^a	17.6 ± 1.2 ^a	18.6 ± 0.9 ^a
Ejection vol.	mL	8.1 ± 0.6 ^b	7.3 ± 0.7 ^b	6.3 ± 0.7 ^b	12.8 ± 0.9 ^a
Residual vol.	mL	10.8 ± 1.1 ^a	11.3 ± 0.8 ^a	11.2 ± 1.2 ^a	5.9 ± 0.7 ^b
Time to residual vol.	min	72.5 ± 3.6 ^a	65.0 ± 3.8 ^{ab}	68.8 ± 4.3 ^a	56.3 ± 3.3 ^b
Ejection rate	mL/min	-0.1 ± 0.0 ^b	-0.1 ± 0.0 ^b	-0.1 ± 0.0 ^b	-4.1 ± 0.6 ^a
Half-emptying time	min	33.6 ± 2.8 ^a	30.9 ± 2.5 ^a	26.7 ± 2.3 ^{ab}	21.9 ± 1.4 ^b
Refilling vol.	mL	16 ± 1.2 ^b	15.0 ± 0.9 ^b	15.3 ± 1.1 ^b	18.6 ± 0.9 ^a
Refilling rate	mL/min	0.1 ± 0.0 ^b	0.1 ± 0.0 ^b	0.1 ± 0.0 ^b	2.4 ± 0.4 ^a
Half-refilling time	mL/min	94.4 ± 2.5 ^a	90.5 ± 1.4 ^a	91.1 ± 2.0 ^a	90.3 ± 1.4 ^a
AUC	mL × 120 min	522 ± 56 ^b	548 ± 56.5 ^b	432 ± 54.3 ^b	1035 ± 75.8 ^a
Small intestinal transit					
OCTT [†]	min	89.5 ^b	80.5 ^{bc}	69.5 ^c	103.2 ^a
H ₂ peak [†]	ppm	26.5 ^a	21.5 ^b	18.5 ^b	22.6 ^b

Data are expressed as means±SEM with the exception of parameters marked with [†], expressed as median values.^{a-c} Within the same parameter, values with different superscript letters differ significantly (*p* < 0.05).

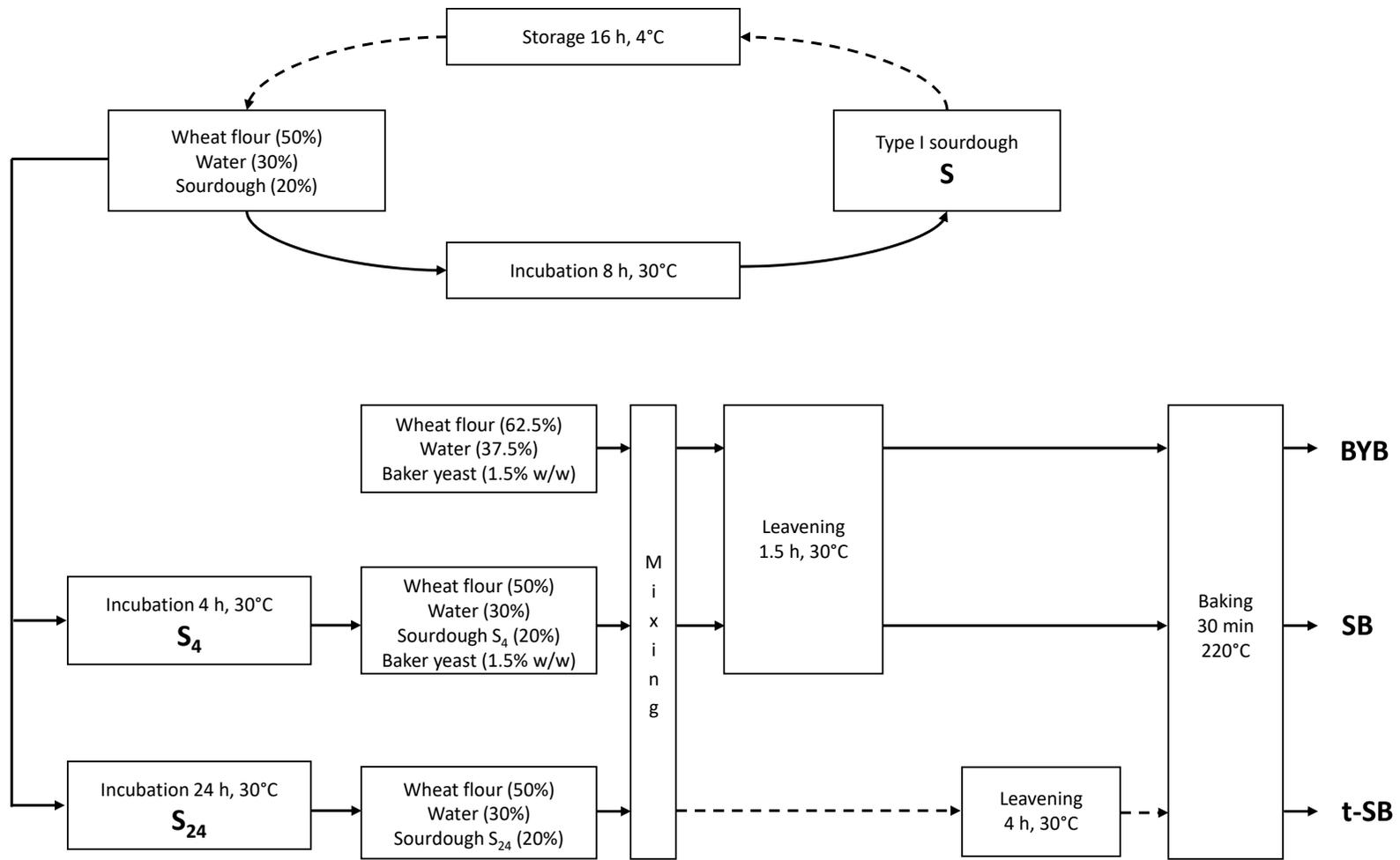


Figure S1. Flowchart of breadmaking.