

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
14003	Alcoholic beverage, beer, regular, all	Flavan-3-ols	(-)-Epicatechin	0.33	14	0.27	0.00	3.79	B	9, 32, 36, 111, 142
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	9, 36
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	9, 36
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	9, 36
			(+)-Catechin	2.07	15	0.84	0.00	10.06	B	1, 9, 32, 36, 111, 142
			(+)-Gallocatechin	0.08	4	0.03	0.00	0.10	B	9, 36
		Flavanones	Hesperetin	0.00	1		0.00	0.00	C	1
			Naringenin	0.00	1		0.00	0.00	C	1
		Flavones	Apigenin	0.00	1		0.00	0.00	C	73
			Luteolin	0.00	1		0.00	0.00	C	73
		Flavonols	Kaempferol	0.81	2	0.81	0.00	1.63	C	1, 73
Myricetin	0.03		2	0.03	0.00	0.05	C	1, 73		
Quercetin	0.02		11	0.01	0.00	0.09	B	1, 32, 73, 142		
99323	Alcoholic beverage, wine, berry, colored	Flavonols	Kaempferol	0.03	28	0.01	0.00	0.33	B	120, 184
			Myricetin	0.72	28	0.12	0.13	2.26	B	120, 184
			Quercetin	0.63	28	0.08	0.14	2.43	B	120, 184
99074	Alcoholic beverage, wine, berry, white	Flavonols	Kaempferol	0.00	2		0.00	0.00	B	184
		Flavonols	Myricetin	0.00	2		0.00	0.00	B	184
		Flavonols	Quercetin	0.20	2	0.21	0.00	0.41	B	184
99075	Alcoholic beverage, wine, sherry	Flavan-3-ols	(-)-Epicatechin	1.25	3		1.25	1.25	C	11
			(+)-Catechin	1.60	6	0.47	0.37	2.37	C	11, 64
		Flavonols	Isorhamnetin	0.00	3		0.00	0.00	C	144
			Kaempferol	0.00	3		0.00	0.00	C	144
			Myricetin	0.00	3		0.00	0.00	C	144
			Quercetin	0.01	3		0.01	0.01	C	144
14096	Alcoholic beverage, wine, table, red	Anthocyanidins	Cyanidin	0.40	90	0.11	0.00	7.17	B	4, 42, 49, 52, 57, 155
		Anthocyanidins	Delphinidin	1.04	85	0.09	0.17	2.50	B	4, 42, 52, 57, 62, 155
		Anthocyanidins	Malvidin	7.00	104	1.05	0.00	93.42	B	4, 42, 49, 52, 57, 62, 155, 170
		Anthocyanidins	Peonidin	0.84	85	0.22	0.04	16.08	B	4, 42, 52, 57, 62, 155
		Anthocyanidins	Petunidin	0.93	85	0.09	0.18	1.76	B	4, 42, 52, 57, 62, 155
		Flavan-3-ols	(-)-Epicatechin	3.28	870	0.09	0.23	16.50	B	4, 9, 35, 36, 49, 57, 60, 61, 62, 110, 145, 146, 147, 170
			(-)-Epicatechin 3-gallate	0.01	19	0.01	0.00	0.11	A	9, 35, 36
			(-)-Epigallocatechin	0.06	18	0.01	0.00	0.28	A	9, 36
			(-)-Epigallocatechin 3-gallate	0.00	18		0.00	0.00	A	9, 36

¹ Table contains data for those compounds where analytical data were available; lack of data does not mean the compound is not present in a particular food.

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(+)-Catechin	7.02	871	0.20	0.00	39.00	B	1, 9, 35, 36, 49, 57, 60, 61, 62, 110, 145, 146, 147, 170
			(+)-Gallocatechin	0.10	18	0.02	0.00	0.42	A	9, 36
		Flavanones	Hesperetin	0.63	2	0.36	0.27	0.99	C	1
			Naringenin	1.77	2	0.74	1.03	2.51	C	1
		Flavones	Apigenin	1.33	24	0.25	0.00	4.70	B	52, 73, 152
			Luteolin	0.00	7		0.00	0.00	B	73, 152
		Flavonols	Isorhamnetin	0.07	32	0.01	0.00	0.24	B	43, 144, 161
			Kaempferol	0.24	134	0.01	0.00	3.02	B	1, 43, 57, 73, 144, 145, 146, 147, 152, 161, 176, 184
			Myricetin	0.94	187	0.08	0.00	9.70	B	1, 43, 49, 52, 57, 73, 81, 110, 144, 145, 146, 147, 152, 161, 176, 184
			Quercetin	2.16	210	0.08	0.00	24.41	B	1, 43, 49, 52, 57, 61, 73, 81, 101, 110, 144, 145, 146, 147, 152, 161, 176, 184
14106	Alcoholic beverage, wine, table, white	Anthocyanidins	Cyanidin	0.00	6		0.00	0.00	C	49
			Malvidin	0.06	7	0.04	0.00	0.24	C	49, 170
		Flavan-3-ols	(-)-Epicatechin	0.55	50	0.12	0.05	6.00	B	4, 9, 15, 36, 49, 146, 170
			(-)-Epicatechin 3-gallate	0.00	9		0.00	0.00	B	9, 36
			(-)-Epigallocatechin	0.00	9		0.00	0.00	B	9, 36
			(-)-Epigallocatechin 3-gallate	0.00	9		0.00	0.00	B	9, 36
			(+)-Catechin	0.77	52	0.18	0.00	5.80	B	1, 4, 9, 15, 36, 49, 146, 170
			(+)-Gallocatechin	0.00	9	0.00	0.00	0.01	B	9, 36
		Flavanones	Hesperetin	0.40	2	0.08	0.32	0.48	C	1
			Naringenin	0.38	2	0.38	0.00	0.77	C	1
		Flavones	Apigenin	0.00	2		0.00	0.00	B	73
			Luteolin	0.00	2		0.00	0.00	B	73
		Flavonols	Isorhamnetin	0.00	32	0.00	0.00	0.02	B	43, 144, 161
			Kaempferol	0.01	39	0.01	0.00	0.27	B	1, 43, 73, 144, 146, 161, 184
			Myricetin	0.03	45	0.00	0.00	0.19	B	1, 43, 49, 73, 144, 146, 161, 184
			Quercetin	0.09	76	0.01	0.00	0.84	B	1, 15, 43, 49, 73, 144, 146, 161, 184
11001	Alfalfa seeds, sprouted, raw (<i>Medicago sativa</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	C	152
			Luteolin	0.00	1		0.00	0.00	C	152
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	152
			Myricetin	0.00	1		0.00	0.00	C	152

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Quercetin	1.70	1		1.70	1.70	C	152
99001	Annual sow-thistle, leaves (<i>Sonchus oleraceus</i>)	Flavones	Apigenin	3.80	1		3.80	3.80	B	175
			Luteolin	6.50	1		6.50	6.50	B	175
			Isorhamnetin	0.70	1		0.70	0.70	B	175
		Flavonols	Kaempferol	3.80	1		3.80	3.80	B	175
			Myricetin	3.60	1		3.60	3.60	B	175
			Quercetin	16.00	1		16.00	16.00	B	175
99083	Apple cider (European)	Flavan-3-ols	(-)-Epicatechin	0.32	6	0.20	0.00	1.15	B	4, 36, 169
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	1.95	5	1.21	0.00	5.53	C	4, 36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
		Flavonols	Quercetin	0.48	2	0.48	0.00	0.96	C	4
		09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	Flavan-3-ols	(-)-Epicatechin	4.71	13	2.25	0.00	21.86
(-)-Epicatechin 3-gallate	0.00				2		0.00	0.00	B	9
(-)-Epigallocatechin	0.00				2		0.00	0.00	B	9
(-)-Epigallocatechin 3-gallate	0.00				2		0.00	0.00	B	9
(+)-Catechin	1.25				13	0.61	0.00	6.74	B	9, 156, 165, 181
(+)-Gallocatechin	0.00				2		0.00	0.00	B	9
Flavones	Apigenin			0.00	4		0.00	0.00	C	73, 152
	Luteolin			0.00	4		0.00	0.00	C	73, 152.
Flavonols	Kaempferol			0.00	4		0.00	0.00	C	73, 152
	Myricetin			0.01	4	0.01	0.00	0.05	C	73, 152
			Quercetin	0.62	17	0.19	0.00	3.01	B	73, 128, 152, 156, 165, 181
99002	Apple, skin only (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	5.50	8	1.84	0.00	13.32	C	178
		Flavan-3-ols	(-)-Epicatechin	28.73	8	5.73	7.81	59.16	C	178
			(+)-Catechin	7.40	8	1.54	0.00	12.39	C	178
		Flavonols	Quercetin	19.36	8	1.04	14.76	23.49	C	178
97066	Apples, Fuji, raw (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	0.76	22	0.10	0.00	1.83	B	6, 48, 68, 190
			Delphinidin	0.01	12	0.00	0.00	0.02	B	48, 68
			Malvidin	0.00	8		0.00	0.00	B	68
			Pelargonidin	0.01	12	0.00	0.00	0.02	B	48, 68
			Peonidin	0.00	8		0.00	0.00	B	68
			Petunidin	0.00	8		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	5.21	10	1.42	1.01	13.23	B	6, 68
			(-)-Epicatechin 3-gallate	0.00	8		0.00	0.00	B	68
			(-)-Epigallocatechin	1.14	8	0.32	0.22	2.51	B	68

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			(-)-Epigallocatechin 3-gallate	1.93	8	0.95	0.08	6.26	B	68		
			(+)-Catechin	0.70	10	0.17	0.10	1.30	B	6, 68		
			(+)-Gallocatechin	0.00	8		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	8		0.00	0.00	B	68		
			Naringenin	0.00	8		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	12	0.00	0.00	0.01	B	48, 68		
			Luteolin	0.01	8	0.00	0.00	0.02	B	48, 68		
		Flavonols	Kaempferol	0.01	4		0.01	0.01	C	48		
			Myricetin	0.01	12	0.00	0.00	0.03	B	48, 68		
Quercetin	2.02		14	0.32	0.00	4.91	B	6, 48, 68				
97067	Apples, Gala, with peel, raw (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	1.52	16	0.19	0.00	2.36	B	6, 68, 190		
			Delphinidin	0.00	8		0.00	0.00	B	68		
			Malvidin	0.00	8		0.00	0.00	B	68		
			Pelargonidin	0.00	8		0.00	0.00	B	68		
			Peonidin	0.00	8		0.00	0.00	B	68		
			Petunidin	0.00	8		0.00	0.00	B	68		
		Flavan-3-ols	(-)-Epicatechin	4.71	8	1.30	1.11	10.40	B	6, 68		
			(-)-Epicatechin 3-gallate	0.00	6		0.00	0.00	B	68		
			(-)-Epigallocatechin	0.67	6	0.12	0.33	0.96	B	68		
			(-)-Epigallocatechin 3-gallate	0.11	6	0.07	0.00	0.33	B	68		
			(+)-Catechin	1.56	8	0.78	0.13	5.10	B	6, 68		
			(+)-Gallocatechin	0.00	6		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	6		0.00	0.00	B	68		
			Naringenin	0.00	6		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	10		0.00	0.00	B	68, 102		
			Luteolin	0.00	6		0.00	0.00	B	68, 102		
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	102		
			Myricetin	0.00	10		0.00	0.00	B	68, 102		
			Quercetin	4.57	12	0.80	2.73	10.10	B	6, 68, 102		
		97069	Apples, Golden Delicious, with peel, raw (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	2.04	10	0.58	0.00	4.84	B	6, 68
				Anthocyanidins	Delphinidin	0.00	8		0.00	0.00	B	68
Malvidin	0.00				8		0.00	0.00	B	68		
Pelargonidin	0.00				8		0.00	0.00	B	68		
Peonidin	0.00				8		0.00	0.00	B	68		
Petunidin	0.00				8		0.00	0.00	B	68		
Flavan-3-ols	(-)-Epicatechin			3.79	10	0.63	1.32	6.47	B	6, 68		
	(-)-Epicatechin 3-gallate			0.00	8		0.00	0.00	B	68		
	(-)-Epigallocatechin			0.35	8	0.13	0.00	0.71	B	68		
	(-)-Epigallocatechin 3-gallate			0.19	8	0.07	0.00	0.40	B	68		

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			(+)-Catechin	0.47	10	0.20	0.00	1.60	B	6, 68
			(+)-Gallocatechin	0.00	8		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	8		0.00	0.00	B	68
			Naringenin	0.00	8		0.00	0.00	B	68
		Flavones	Apigenin	0.00	8		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	8		0.00	0.00	B	68
			Quercetin	2.81	10	0.41	1.57	4.40	B	6, 68
97068	Apples, Golden Delicious, without peel, raw (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	0.73	4	0.02	0.70	0.76	B	68
			Delphinidin	0.00	4		0.00	0.00	B	68
			Malvidin	0.00	4		0.00	0.00	B	68
			Pelargonidin	0.00	4		0.00	0.00	B	68
			Peonidin	0.00	4		0.00	0.00	B	68
			Petunidin	0.00	4		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	6.17	3	0.21	5.96	6.58	B	68, 178
			(-)-Epicatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(-)-Epigallocatechin	1.52	2		1.52	1.52	B	68
			(-)-Epigallocatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(+)-Catechin	3.66	3	1.77	0.11	5.43	B	68, 178
			(+)-Gallocatechin	0.00	2		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	2		0.00	0.00	B	68
			Naringenin	0.00	2		0.00	0.00	B	68
		Flavones	Apigenin	0.00	4		0.00	0.00	B	68
			Luteolin	0.00	4		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	4		0.00	0.00	B	68
			Quercetin	0.53	5	0.03	0.43	0.56	B	68, 178
		97070	Apples, Granny Smith, with peel, raw (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	1.33	8	0.25	0.55	2.37
Delphinidin	0.00				8		0.00	0.00	B	68
Malvidin	0.00				8		0.00	0.00	B	68
Pelargonidin	0.00				8		0.00	0.00	B	68
Peonidin	0.00				8		0.00	0.00	B	68
Petunidin	0.00				8		0.00	0.00	B	68
Flavan-3-ols	(-)-Epicatechin			3.60	14	0.11	2.18	6.07	B	36, 68
	(-)-Epicatechin 3-gallate			0.01	14	0.01	0.00	0.05	B	36, 68
	(-)-Epigallocatechin			0.71	14	0.19	0.00	1.69	B	36, 68
	(-)-Epigallocatechin 3-gallate			0.24	14	0.06	0.00	0.52	B	36, 68
	(+)-Catechin			0.62	14	0.07	0.30	1.09	B	36, 68
	(+)-Gallocatechin			0.00	14		0.00	0.00	B	36, 68
Flavanones	Hesperetin			0.00	8		0.00	0.00	B	68

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		Flavones	Naringenin	0.00	8		0.00	0.00	B	68
			Apigenin	0.00	10		0.00	0.00	B	68, 152
			Luteolin	0.00	6		0.00	0.00	B	68, 152
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	152
			Myricetin	0.00	10		0.00	0.00	B	68, 152
			Quercetin	3.25	10	0.23	2.40	4.14	B	68, 152
09003	Apples, raw, with skin (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	2.44	80	0.32	0.00	10.70	B	6, 48, 68, 183, 190
			Delphinidin	0.00	48	0.00	0.00	0.02	A	48, 68
			Malvidin	0.00	40		0.00	0.00	A	68
			Pelargonidin	0.00	48	0.00	0.00	0.02	A	48, 68
			Peonidin	0.01	44	0.01	0.00	0.18	A	68
			Petunidin	0.00	40		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	6.07	117	0.26	0.80	19.16	B	8, 36, 94, 177, 183
			(-)-Epicatechin 3-gallate	0.01	87	0.00	0.00	0.19	A	8, 36, 68
			(-)-Epigallocatechin	0.36	87	0.06	0.00	2.51	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.26	87	0.10	0.00	6.26	A	8, 36, 68
			(+)-Catechin	0.89	107	0.03	0.00	5.10	A	6, 8, 36, 68, 177
			(+)-Gallocatechin	0.00	87		0.00	0.00	A	8, 36, 68
		Flavanones	Naringenin	0.00	38		0.00	0.00	A	68
		Flavones	Apigenin	0.00	63	0.00	0.00	0.01	A	48, 68, 74, 102, 152
			Luteolin	0.17	43	0.09	0.00	2.70	B	48, 68, 74, 102., 152
		Flavonols	Kaempferol	0.02	24	0.02	0.00	0.50	B	48, 74, 102, 110, 152
			Myricetin	0.00	63	0.00	0.00	0.03	A	48, 68, 74, 102, 152
			Quercetin	4.27	88	0.27	0.00	11.47	B	6, 48, 68, 74, 94, 102, 110, 128, 152, 183
09004	Apples, raw, without skin (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	1.81	16	0.69	0.60	8.90	B	68
			Delphinidin	0.01	16	0.00	0.00	0.02	B	68
			Malvidin	0.00	8		0.00	0.00	B	68
			Pelargonidin	0.01	16	0.00	0.00	0.02	B	68
			Peonidin	0.00	8		0.00	0.00	B	68
			Petunidin	0.00	8		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	6.15	46	0.56	0.00	14.23	B	8, 25, 68, 178
			(-)-Epicatechin 3-gallate	0.00	34		0.00	0.00	A	8, 68
			(-)-Epigallocatechin	0.25	34	0.09	0.00	1.52	A	8, 68
			(-)-Epigallocatechin 3-gallate	0.05	34	0.03	0.00	0.48	A	8, 68
			(+)-Catechin	1.32	40	0.19	0.00	5.52	B	8, 68, 178
			(+)-Gallocatechin	0.00	34		0.00	0.00	A	8, 68
		Flavanones	Hesperetin	0.00	6		0.00	0.00	B	68
			Naringenin	0.00	6		0.00	0.00	B	68

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		Flavones	Apigenin	0.00	16	0.00	0.00	0.01	B	68
			Luteolin	0.01	16	0.00	0.00	0.02	B	68
		Flavonols	Kaempferol	0.01	8		0.01	0.01	C	48
			Myricetin	0.01	16	0.00	0.00	0.03	B	8, 68
			Quercetin	0.96	47	0.13	0.00	2.00	B	25, 48, 68, 81, 178, 183
97072	Apples, Red Delicious, with peel, raw (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	6.09	20	0.78	2.20	10.70	B	48, 68, 190
			Delphinidin	0.01	12	0.00	0.00	0.02	B	48, 68
			Malvidin	0.00	8		0.00	0.00	B	68
			Pelargonidin	0.01	12	0.00	0.00	0.02	B	48, 68
			Peonidin	0.05	12	0.02	0.00	0.18	B	68, 190
			Petunidin	0.00	8		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	7.10	15	0.74	0.80	15.92	B	36, 68, 178
			(-)-Epicatechin 3-gallate	0.00	14		0.00	0.00	B	36, 68
			(-)-Epigallocatechin	0.37	14	0.16	0.00	1.44	B	36, 68
			(-)-Epigallocatechin 3-gallate	0.13	14	0.06	0.00	0.65	B	36, 68
			(+)-Catechin	1.12	15	0.13	0.00	2.54	B	36, 68, 178
			(+)-Gallocatechin	0.00	14		0.00	0.00	B	36, 68
		Flavanones	Hesperetin	0.00	8		0.00	0.00	B	68
			Naringenin	0.00	8		0.00	0.00	B	68
		Flavones	Apigenin	0.00	12	0.00	0.00	0.01	B	48, 68
			Luteolin	0.01	8	0.00	0.00	0.02	B	48, 68
		Flavonols	Kaempferol	0.01	4		0.01	0.01	C	48
			Myricetin	0.01	12	0.00	0.00	0.03	B	48, 68
			Quercetin	4.70	13	0.36	0.25	7.60	B	48, 68, 178
		97071	Apples, Red Delicious, without peel, raw (<i>Malus domestica</i>)	Anthocyanidins	Cyanidin	2.95	8	1.29	0.80	8.90
Delphinidin	0.01				8	0.00	0.00	0.02	B	48, 68
Malvidin	0.00				4		0.00	0.00	B	68
Pelargonidin	0.01				8	0.00	0.00	0.02	B	48, 68
Peonidin	0.00				4		0.00	0.00	B	68
Petunidin	0.00				4		0.00	0.00	B	68
Flavan-3-ols	(-)-Epicatechin			4.09	4	0.06	3.98	4.20	B	68
	(-)-Epicatechin 3-gallate			0.00	4		0.00	0.00	B	68
	(-)-Epigallocatechin			1.37	4	0.04	1.30	1.44	B	68
	(-)-Epigallocatechin 3-gallate			0.46	4	0.01	0.43	0.48	B	68
	(+)-Catechin			1.00	4	0.01	0.97	1.02	B	68
	(+)-Gallocatechin			0.00	4		0.00	0.00	B	68
Flavanones	Hesperetin			0.00	4		0.00	0.00	B	68
	Naringenin			0.00	4		0.00	0.00	B	68
Flavones	Apigenin			0.00	8	0.00	0.00	0.01	B	48, 68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Luteolin	0.01	8	0.00	0.00	0.02	B	48, 68
		Flavonols	Kaempferol	0.01	4		0.01	0.01	C	48
			Myricetin	0.01	8	0.00	0.00	0.03	B	48, 68
			Quercetin	0.41	8	0.01	0.00	0.66	B	48, 68
97084	Apples, Renette, raw (<i>Malus domestica</i>)		Flavan-3-ols	(-)-Epicatechin	6.89	6		6.89	6.89	C
		(-)-Epicatechin 3-gallate		0.00	6		0.00	0.00	C	36
		(-)-Epigallocatechin		0.00	6		0.00	0.00	C	36
		(-)-Epigallocatechin 3-gallate		0.00	6		0.00	0.00	C	36
		(+)-Catechin		1.38	6		1.38	1.38	C	36
		(+)-Gallocatechin		0.00	6		0.00	0.00	C	36
09019	Applesauce, canned, unsweetened, without added ascorbic acid	Flavan-3-ols	(-)-Epicatechin	5.41	1		5.41	5.41	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.69	1		0.69	0.69	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
		Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	2.00	4		2.00	2.00	B	74
09023	Apricots, canned, water pack, without skin, solids and liquids	Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	0.00	4		0.00	0.00	B	74
09021	Apricots, raw (<i>Prunus armeniaca</i>)	Flavan-3-ols	(-)-Epicatechin	5.47	12	1.39	0.02	8.26	B	8, 36, 177
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36
			(-)-Epigallocatechin	0.00	7		0.00	0.00	B	8, 36
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36
			(+)-Catechin	4.79	12	1.22	0.31	7.34	B	8, 36, 177
			(+)-Gallocatechin	0.00	7		0.00	0.00	B	8, 36
		Flavones	Apigenin	0.00	2		0.00	0.00	C	74, 102
			Luteolin	0.00	2		0.00	0.00	C	74, 102
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	74, 102
			Myricetin	0.00	2		0.00	0.00	C	74, 102
			Quercetin	2.08	3	0.47	1.15	2.60	B	74, 81, 102
99043	Arctic bramble berries	Flavonols	Kaempferol	0.00	1		0.00	0.00	C	67

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	<i>(Rubus articus subsp. Articus)</i>		Myricetin	0.00	1		0.00	0.00	C	67
			Quercetin	3.10	1		3.10	3.10	C	67
11007	Artichokes, (globe or french), raw (<i>Cynara scolymus</i>)	Flavanones	Naringenin	12.51	10	2.45	0.00	22.93	C	157, 187
		Flavones	Apigenin	4.70	13	1.13	0.00	16.26	C	93, 157, 187
			Luteolin	2.27	13	0.45	0.00	6.14	C	93, 157, 187
99362	Artichokes, Ocean Mist, boiled	Anthocyanidins	Cyanidin	0.00	1		0.00	0.00	B	68
			Delphinidin	0.00	1		0.00	0.00	B	68
			Malvidin	0.00	1		0.00	0.00	B	68
			Pelargonidin	0.00	1		0.00	0.00	B	68
			Peonidin	0.00	1		0.00	0.00	B	68
			Petunidin	0.00	1		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	1		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	B	68
			(+)-Catechin	0.00	1		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	1		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	1		0.00	0.00	B	68
			Naringenin	0.00	1		0.00	0.00	B	68
Flavones	Apigenin	0.00	1		0.00	0.00	B	68		
	Luteolin	0.00	1		0.00	0.00	B	68		
Flavonols	Myricetin	0.00	1		0.00	0.00	B	68		
	Quercetin	0.00	1		0.00	0.00	B	68		
99363	Artichokes, Ocean Mist, Microwaved	Anthocyanidins	Cyanidin	0.00	1		0.00	0.00	B	68
			Delphinidin	0.00	1		0.00	0.00	B	68
			Malvidin	0.00	1		0.00	0.00	B	68
			Pelargonidin	0.00	1		0.00	0.00	B	68
			Peonidin	0.00	1		0.00	0.00	B	68
			Petunidin	0.00	1		0.00	0.00	B	68
		Flavones	Apigenin	0.00	1		0.00	0.00	B	68
			Luteolin	0.00	1		0.00	0.00	B	68
Flavonols	Myricetin	0.00	1		0.00	0.00	B	68		
	Quercetin	0.00	1		0.00	0.00	B	68		
11959	Arugula, raw (<i>Eruca sativa</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	C	6
		Flavones	Apigenin	0.00	2		0.00	0.00	C	6
			Luteolin	0.00	2		0.00	0.00	C	6
		Flavonols	Kaempferol	72.45	2	31.75	40.70	104.20	C	6
Quercetin	6.95		2	6.95	0.00	13.90	C	6		
11012	Asparagus, cooked,	Flavonols	Quercetin	7.61	4		7.61	7.61	C	106

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	boiled, drained									
11011	Asparagus, raw (<i>Asparagus officinalis</i>)	Flavonols	Quercetin	12.40	21	2.11	2.31	28.72	B	106, 151
09037	Avocados, raw, all commercial varieties (<i>Persea americana</i>)	Anthocyanidins	Cyanidin	0.33	6	0.11	0.00	0.58	A	68
			Delphinidin	0.00	6		0.00	0.00	A	68
			Malvidin	0.00	6		0.00	0.00	A	68
			Pelargonidin	0.00	6		0.00	0.00	A	68
			Peonidin	0.00	6		0.00	0.00	A	68
		Petunidin	0.00	6		0.00	0.00	A	68	
		Flavan-3-ols	(-)-Epicatechin	0.37	14	0.07	0.00	1.11	A	8, 36, 68
			(-)-Epicatechin 3-gallate	0.00	14		0.00	0.00	A	8, 36, 68
			(-)-Epigallocatechin	0.00	13		0.00	0.00	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.15	14	0.10	0.00	1.10	A	8, 36, 68
			(+)-Catechin	0.00	14		0.00	0.00	A	8, 36, 68
			(+)-Gallocatechin	0.00	14		0.00	0.00	A	8, 36, 68
		Flavanones	Hesperetin	0.00	7		0.00	0.00	A	68
			Naringenin	0.00	7		0.00	0.00	A	68
		Flavones	Apigenin	0.00	7		0.00	0.00	A	68, 152
			Luteolin	0.00	7		0.00	0.00	B	68, 152
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	152
Myricetin	0.00		7		0.00	0.00	B	68, 152		
Quercetin	0.00		7		0.00	0.00	B	68, 152		
09040	Bananas, raw (<i>Musa X paradisiaca</i>)	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68
			Delphinidin	7.39	8	1.18	2.36	12.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.02	14	0.01	0.00	0.07	A	8, 36, 68
			(-)-Epicatechin 3-gallate	0.00	14		0.00	0.00	A	8, 36, 68
			(-)-Epigallocatechin	0.00	14	0.00	0.00	0.01	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.00	14		0.00	0.00	A	8, 36, 68
			(+)-Catechin	6.10	125	0.53	0.00	10.29	B	8, 36, 38, 68
			(+)-Gallocatechin	0.00	14		0.00	0.00	A	8, 36, 68
		Flavanones	Hesperetin	0.00	7		0.00	0.00	A	68
			Naringenin	0.00	7		0.00	0.00	A	68
		Flavones	Apigenin	0.00	9		0.00	0.00	B	68, 102
			Luteolin	0.00	5		0.00	0.00	B	68, 102
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	102

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Myricetin	0.00	9		0.00	0.00	B	68, 102
			Quercetin	0.00	9		0.00	0.00	B	68, 102
02044	Basil, fresh (<i>Ocimum basilicum</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
		Flavones	Apigenin	0.00	1		0.00	0.00	C	80
			Luteolin	0.00	1		0.00	0.00	C	80
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	0.00	1		0.00	0.00	C	80
			Quercetin	0.00	1		0.00	0.00	C	80
16014	Beans, black, mature seeds, raw (<i>Phaseolus vulgaris</i>)	Anthocyanidins	Delphinidin	11.98	1		11.98	11.98	C	190
			Malvidin	6.45	1		6.45	6.45	C	190
			Petunidin	9.57	1		9.57	9.57	C	190
99396	Beans, common, raw (P. vulgaris, cv. Zolfino) (<i>Phaseolus vulgaris</i> var. Zolfino)	Anthocyanidins	Delphinidin	2.50	12	0.43	0.00	9.99	C	148
			Malvidin	0.10	12	0.02	0.00	0.40	C	148
			Petunidin	0.14	12	0.02	0.00	0.55	C	148
		Flavonols	Kaempferol	31.32	12	7.31	8.00	44.37	C	148
			Quercetin	0.00	12	0.00	0.00	0.01	C	148
16029	Beans, kidney, all types, mature seeds, canned	Flavan-3-ols	(-)-Epicatechin	0.35	1		0.35	0.35	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	1.66	1		1.66	1.66	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
16032	Beans, kidney, red, mature seeds, raw (<i>Phaseolus vulgaris</i>)	Anthocyanidins	Cyanidin	1.19	1		1.19	1.19	C	190
			Pelargonidin	2.42	1		2.42	2.42	C	190
16042	Beans, pinto, mature seeds, raw (<i>Phaseolus vulgaris</i>)	Flavan-3-ols	(-)-Epicatechin	0.14	3		0.14	0.14	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.05	3		0.05	0.05	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	5.07	3		5.07	5.07	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
11056	Beans, snap, green, canned, regular pack, drained solids	Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.02	5	0.02	0.00	0.09	C	74, 130
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	1.49	5	0.62	0.63	1.70	C	74, 130
11053	Beans, snap, green, cooked, boiled, drained, without salt	Anthocyanidins	Cyanidin	0.02	1		0.02	0.02	C	48
			Delphinidin	0.02	1		0.02	0.02	C	48
			Pelargonidin	0.02	1		0.02	0.02	C	48

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Quercetin	3.09	10	0.38	1.51	4.81	C	5
11060	Beans, snap, green, frozen, all styles, unprepared	Flavonols	Kaempferol	0.24	4		0.24	0.24	C	45
			Quercetin	1.30	1		1.30	1.30	C	45
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	Flavonols	Kaempferol	0.26	8	0.07	0.20	0.31	C	45
			Quercetin	1.25	8	0.33	1.00	1.50	C	45
11052	Beans, snap, green, raw (<i>Phaseolus vulgaris</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	11		0.00	0.00	B	8, 36
			(-)-Epicatechin 3-gallate	0.00	11		0.00	0.00	B	8, 36
			(-)-Epigallocatechin	0.00	11		0.00	0.00	B	8, 36
			(-)-Epigallocatechin 3-gallate	0.00	11		0.00	0.00	B	8, 36
			(+)-Catechin	0.00	11		0.00	0.00	B	8, 36
			(+)-Gallocatechin	0.00	11		0.00	0.00	B	8, 36
		Flavones	Apigenin	0.00	5	0.00	0.00	0.01	B	48, 74
			Luteolin	0.00	7	0.00	0.00	0.02	B	48, 74
		Flavonols	Kaempferol	0.40	21	0.03	0.00	0.89	B	48, 71, 74, 130
Myricetin	0.00		7	0.00	0.00	0.03	B	48, 74		
Quercetin	2.88		28	0.21	0.50	9.09	B	5, 48, 71, 74, 81, 130		
11722	Beans, snap, yellow, raw (<i>Phaseolus vulgaris</i>)	Flavonols	Kaempferol	0.42	9	0.06	0.20	0.71	C	71
			Quercetin	3.03	9	0.69	0.95	6.85	C	71
16049	Beans, white, mature seeds, raw (<i>Phaseolus vulgaris</i>)	Flavan-3-ols	(-)-Epicatechin	0.09	3		0.09	0.09	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.01	3		0.01	0.01	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
		Flavonols	Kaempferol	3.40	6	1.10	1.19	5.61	C	151
43201	Bee Pollen	Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.00	3		0.00	0.00	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
		Flavonols	Isorhamnetin	0.68	11	0.01	0.64	0.78	B	21
			Kaempferol	1.12	11	0.10	0.71	1.68	B	21
11080	Beets, raw (<i>Beta vulgaris</i>)	Flavan-3-ols	Myricetin	3.34	11	1.13	0.00	13.64	B	21
			Quercetin	20.95	11	1.36	16.22	31.76	B	21
11080	Beets, raw (<i>Beta vulgaris</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean [†]	N	Standard Error	Min	Max	CC	Sources of Data
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.00	5		0.00	0.00	C	74, 103
			Luteolin	0.37	5	0.37	0.00	1.83	C	74, 103
		Flavonols	Kaempferol	0.00	5		0.00	0.00	C	74, 103
			Myricetin	0.00	5		0.00	0.00	C	74, 103
Quercetin	0.13		5	0.13	0.00	0.67	C	74, 103		
99065	Bilberry soup	Flavonols	Quercetin	0.60	1		0.60	0.60	C	65
99357	Bilberry, raw (<i>Vaccinium myrillus</i>)	Anthocyanidins	Cyanidin	112.59	1		112.59	112.59	C	83
			Delphinidin	161.93	1		161.93	161.93	C	83
			Malvidin	54.37	1		54.37	54.37	C	83
			Peonidin	51.01	1		51.01	51.01	C	83
			Petunidin	51.01	1		51.01	51.01	C	83
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	67
			Myricetin	1.09	8	0.05	0.00	2.10	C	65, 66, 67
			Quercetin	3.04	8	0.72	1.70	4.12	C	65, 66, 67
99007	Black Currant Juice	Anthocyanidins	Cyanidin	16.05	1		16.05	16.05	D	78
			Delphinidin	27.80	1		27.80	27.80	D	78
		Flavonols	Myricetin	1.86	4	0.66	0.66	3.16	C	65
			Quercetin	1.15	4	0.46	0.65	2.52	C	65
09042	Blackberries, raw (<i>Rubus spp.</i>)	Anthocyanidins	Cyanidin	90.31	59	3.82	44.17	199.41	B	46, 68, 190
			Delphinidin	0.00	4		0.00	0.00	B	68
			Malvidin	0.00	4		0.00	0.00	B	68
			Pelargonidin	0.15	6	0.10	0.00	0.51	B	68, 190
			Peonidin	0.00	4		0.00	0.00	B	68
			Petunidin	0.00	4		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	4.66	20	0.47	0.00	18.08	B	8, 36, 68, 158, 177
			(-)-Epicatechin 3-gallate	0.00	11		0.00	0.00	B	8, 36, 68
			(-)-Epigallocatechin	0.10	11	0.01	0.00	0.36	B	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.68	11	0.68	0.00	7.44	B	8, 36, 68
			(+)-Catechin	37.06	16	24.71	0.00	312.86	B	8, 36, 68, 158, 177
			(+)-Gallocatechin	0.00	11		0.00	0.00	B	8, 36, 68
		Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68
			Naringenin	0.00	4		0.00	0.00	B	68
		Flavones	Apigenin	0.00	5		0.00	0.00	B	68, 102
			Luteolin	0.00	3		0.00	0.00	B	68, 102

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Kaempferol	0.06	12	0.02	0.00	0.21	B	17, 102, 158
			Myricetin	0.67	15	0.67	0.00	9.99	B	17, 68, 158
			Quercetin	1.76	16	0.66	0.00	10.76	B	17, 68, 102, 158,
99359	Blackberry juice	Anthocyanidins	Cyanidin	24.80	9	4.01	7.87	44.54	C	46
99397	Blackberry juice concentrate	Anthocyanidins	Cyanidin	110.40	1		110.40	110.40	C	16
			Delphinidin	201.28	1		201.28	201.28	C	16
		Flavonols	Myricetin	20.85	1		20.85	20.85	C	16
			Quercetin	22.85	1		22.85	22.85	C	16
99313	Blood orange juice	Flavanones	Eriodictyol	0.00	13		0.00	0.00	C	14, 114
			Hesperetin	13.12	60	1.59	8.53	18.57	B	14, 113, 114
			Naringenin	1.68	60	0.20	1.30	3.85	B	14, 113, 114
		Flavones	Apigenin	0.00	2		0.00	0.00	D	14
		Flavonols	Quercetin	0.00	2		0.00	0.00	D	14
		09054	Blueberries, frozen, unsweetened	Anthocyanidins	Cyanidin	4.36	2	3.14	1.22	7.50
Delphinidin	21.59				2	1.18	20.40	22.77	C	48, 95
Malvidin	49.65				1		49.65	49.65	D	95
Pelargonidin	0.02				1		0.02	0.02	C	48
Peonidin	0.47				1		0.47	0.47	D	95
Petunidin	18.16				1		18.16	18.16	D	95
Flavones	Apigenin			0.01	1		0.01	0.01	C	48
	Luteolin			1.80	1		1.80	1.80	C	48
Flavonols	Kaempferol			1.10	1		1.10	1.10	C	48
	Myricetin			1.76	7	0.33	0.80	3.50	C	48, 66
	Quercetin			4.64	7	0.93	2.20	8.90	C	48, 66
09050	Blueberries, raw (<i>Vaccinium spp.</i>)	Anthocyanidins	Cyanidin	16.97	27	1.92	4.79	48.06	B	48, 54, 68, 190
			Delphinidin	47.40	27	5.14	20.82	124.16	B	48, 54, 68, 190
			Malvidin	61.35	26	4.36	32.95	126.44	B	54, 68, 190
			Pelargonidin	0.00	8	0.00	0.00	0.02	B	48, 68
			Peonidin	11.38	26	1.78	1.01	38.99	B	54, 68, 190
			Petunidin	26.42	26	3.53	7.19	74.89	B	54, 68, 190
		Flavan-3-ols	(-)-Epicatechin	13.69	69	1.61	0.00	129.51	B	8, 36, 68, 158, 177
			(-)-Epicatechin 3-gallate	0.00	15		0.00	0.00	A	8, 36, 68
			(-)-Epigallocatechin	0.66	15	0.18	0.00	2.08	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.00	15		0.00	0.00	A	8, 36, 68
			(+)-Catechin	37.24	35	14.70	0.00	387.48	B	8, 36, 68, 158, 177
			(+)-Gallocatechin	0.12	15	0.03	0.00	0.59	A	8, 36, 68
		Flavanones	Hesperetin	0.00	8		0.00	0.00	A	68
			Naringenin	0.00	8		0.00	0.00	A	68
		Flavones	Apigenin	0.00	8	0.00	0.00	0.01	B	48, 68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean [†]	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Luteolin	0.20	4	0.20	0.00	0.80	B	48, 68
			Kaempferol	1.81	24	0.28	0.00	3.72	B	17, 48, 67, 158
			Myricetin	2.66	31	0.60	0.00	8.62	B	17, 48, 67, 68, 158
			Quercetin	5.05	41	0.65	0.00	14.60	B	17, 48, 67, 68, 81, 151, 158
97085	Blueberries, wild, raw (<i>Vaccinium spp.</i>)	Anthocyanidins	Cyanidin	42.47	1		42.47	42.47	C	190
			Delphinidin	92.71	1		92.71	92.71	C	190
			Malvidin	103.80	1		103.80	103.80	C	190
			Peonidin	23.49	1		23.49	23.49	C	190
			Petunidin	58.23	1		58.23	58.23	C	190
99326	Bog whortleberries, wild, frozen (<i>Vaccinium</i>)	Flavonols	Kaempferol	0.00	1		0.00	0.00	C	67
			Myricetin	7.30	2	4.70	2.60	12.00	C	66, 67
			Quercetin	17.70	2	1.90	15.80	19.60	C	66, 67
18075	Bread, whole-wheat, commercially prepared	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
16054	Broadbeans (fava beans), mature seeds, canned	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
		Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.35	4		0.35	0.35	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	0.55	4		0.55	0.55	B	74
11089	Broadbeans, immature seeds, cooked, boiled, drained, without salt	Flavan-3-ols	(-)-Epicatechin	7.82	4		7.82	7.82	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	4.65	4		4.65	4.65	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	8.16	4		8.16	8.16	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
11088	Broadbeans, immature seeds, raw (<i>Vicia faba</i>)	Flavan-3-ols	(-)-Epicatechin	28.96	7	9.70	22.51	37.55	B	8, 36
		Flavan-3-ols	(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36
		Flavan-3-ols	(-)-Epigallocatechin	15.47	7	5.29	14.03	17.38	B	8, 36

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36		
			(+)-Catechin	14.29	7	4.88	12.83	16.23	B	8, 36		
			(+)-Gallocatechin	4.15	7	0.80	0.00	9.68	B	8, 36		
		Flavones	Apigenin	0.00	1		0.00	0.00	C	74		
			Luteolin	0.00	1		0.00	0.00	C	74		
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	74		
			Myricetin	2.60	1		2.60	2.60	C	74		
Quercetin	2.00		1		2.00	2.00	C	74				
11097	Broccoli raab, cooked	Anthocyanidins	Cyanidin	0.00	3		0.00	0.00	B	68		
			Delphinidin	0.00	3		0.00	0.00	B	68		
			Malvidin	0.00	3		0.00	0.00	B	68		
			Pelargonidin	0.00	3		0.00	0.00	B	68		
			Peonidin	0.00	3		0.00	0.00	B	68		
			Petunidin	0.00	3		0.00	0.00	B	68		
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	68		
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	68		
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	68		
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	68		
			(+)-Catechin	0.00	4		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68		
			Naringenin	0.00	4		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	3		0.00	0.00	B	68		
			Luteolin	0.00	3		0.00	0.00	B	68		
		Flavonols	Myricetin	0.00	3		0.00	0.00	B	68		
			Quercetin	1.05	3	1.05	0.00	3.16	B	68		
		11096	Broccoli raab, raw (<i>Brassica ruvo</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	B	68
					Delphinidin	0.00	2		0.00	0.00	B	68
Malvidin	0.00				2		0.00	0.00	B	68		
Pelargonidin	0.00				2		0.00	0.00	B	68		
Peonidin	0.00				2		0.00	0.00	B	68		
Petunidin	0.00				2		0.00	0.00	B	68		
Flavan-3-ols	(-)-Epicatechin			0.00	2		0.00	0.00	B	68		
	(-)-Epicatechin 3-gallate			0.00	2		0.00	0.00	B	68		
	(-)-Epigallocatechin			0.00	2		0.00	0.00	B	68		
	(-)-Epigallocatechin 3-gallate			0.00	2		0.00	0.00	B	68		
	(+)-Catechin			0.00	2		0.00	0.00	B	68		
	(+)-Gallocatechin			0.00	2		0.00	0.00	B	68		
Flavanones	Hesperetin			0.00	2		0.00	0.00	B	68		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Naringenin	0.00	2		0.00	0.00	B	68
		Flavones	Apigenin	0.00	2		0.00	0.00	B	68
			Luteolin	0.00	2		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	2		0.00	0.00	B	68
			Quercetin	2.25	2	2.25	0.00	4.49	B	68
11091	Broccoli, cooked, boiled, drained, without salt	Anthocyanidins	Cyanidin	0.00	4		0.00	0.00	B	68
			Delphinidin	0.00	4		0.00	0.00	B	68
			Malvidin	0.00	4		0.00	0.00	B	68
			Pelargonidin	0.00	4		0.00	0.00	B	68
			Peonidin	0.00	4		0.00	0.00	B	68
			Petunidin	0.00	4		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	1		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	B	68
			(+)-Catechin	0.00	1		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	1		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	1		0.00	0.00	B	68
			Naringenin	0.00	1		0.00	0.00	B	68
		Flavones	Apigenin	0.00	4		0.00	0.00	B	68
			Luteolin	0.00	2		0.00	0.00	B	68
		Flavonols	Kaempferol	1.38	1		1.38	1.38	D	129
Myricetin	0.00		4		0.00	0.00	B	68		
Quercetin	0.21		5	0.21	0.00	1.06	B	68, 129		
11092	Broccoli, frozen, chopped, unprepared	Flavonols	Kaempferol	2.49	3	0.76	0.96	3.27	C	137
			Quercetin	2.40	3	0.78	0.91	3.52	C	137
11090	Broccoli, raw (<i>Brassica oleracea</i> var. <i>italica</i>)	Anthocyanidins	Cyanidin	0.00	4		0.00	0.00	B	68
			Delphinidin	0.00	4		0.00	0.00	B	68
			Malvidin	0.00	4		0.00	0.00	B	68
			Pelargonidin	0.00	4		0.00	0.00	B	68
			Peonidin	0.00	4		0.00	0.00	B	68
			Petunidin	0.00	4		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	10		0.00	0.00	A	8, 68
			(-)-Epicatechin 3-gallate	0.00	10		0.00	0.00	A	8, 68
			(-)-Epigallocatechin	0.00	10		0.00	0.00	A	8, 68
			(-)-Epigallocatechin 3-gallate	0.00	10		0.00	0.00	A	8, 68
			(+)-Catechin	0.00	10		0.00	0.00	A	8, 68
			(+)-Gallocatechin	0.00	10		0.00	0.00	A	8, 68
		Flavanones	Hesperetin	0.00	6		0.00	0.00	A	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Naringenin	0.00	6		0.00	0.00	A	68
		Flavones	Apigenin	0.00	11	0.00	0.00	0.01	B	10, 48, 68, 74, 103
			Luteolin	0.86	14	0.17	0.00	3.98	B	10, 48, 68, 74, 103, 151
		Flavonols	Kaempferol	4.01	17	0.34	0.70	9.15	B	10, 48, 74, 81, 103, 110, 129, 151
			Myricetin	0.01	11	0.00	0.00	0.03	B	10, 48, 68, 74, 103
			Quercetin	2.51	18	0.63	0.00	13.70	B	10, 48, 68, 74, 81, 103, 110, 129
11098	Brussels sprouts, raw (<i>Brassica oleracea</i> (Gemifera Group))	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.00	2		0.00	0.00	C	74, 103
			Luteolin	0.34	2	0.34	0.00	0.67	C	74, 103
		Flavonols	Kaempferol	0.95	4	0.23	0.74	1.28	B	74, 81, 103
			Myricetin	0.00	2		0.00	0.00	C	74, 103
Quercetin	0.30		4	0.00	0.00	0.60	B	74, 81, 103		
20008	Buckwheat (<i>Fagopyrum esculentum</i> Moench)	Flavonols	Quercetin	23.09	12	1.88	15.60	36.29	C	122
20011	Buckwheat flour, whole-groat	Flavan-3-ols	(-)-Epicatechin	3.53	1		3.53	3.53	D	139
		Flavonols	Quercetin	3.15	14	0.48	1.15	8.40	B	88, 139, 166
20009	Buckwheat groats, roasted, dry	Flavones	Apigenin	0.28	5	0.09	0.16	0.65	C	39
		Flavonols	Quercetin	7.16	8	1.00	2.14	11.49	C	39, 166
99086	Buckwheat, bran	Flavonols	Quercetin	14.90	12		14.90	14.90	C	88
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	Anthocyanidins	Cyanidin	0.02	2		0.02	0.02	C	48
			Delphinidin	0.02	2		0.02	0.02	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavones	Apigenin	0.01	1		0.01	0.01	C	48
			Luteolin	0.02	1		0.02	0.02	C	48
		Flavonols	Kaempferol	2.40	1		2.40	2.40	C	48
			Myricetin	0.03	1		0.03	0.03	C	48
			Quercetin	0.30	1		0.30	0.30	C	48
11116	Cabbage, chinese (pak-choi), raw (<i>Brassica rapa</i> (Chinensis Group))	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavones	(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
			Apigenin	0.65	7	0.64	0.00	4.50	B	10, 30, 48, 103
			Luteolin	0.20	7	0.17	0.00	1.20	B	10, 30, 48, 103
		Flavonols	Kaempferol	8.32	13	1.41	0.01	16.30	B	10, 30, 48, 103, 151
			Myricetin	0.03	7	0.01	0.00	0.10	B	10, 30, 48, 103
			Quercetin	5.58	7	5.57	0.00	39.00	B	10, 30, 48, 103
11119	Cabbage, chinese (pe-tsai), raw (<i>Brassica rapa</i> (<i>Pekinensis</i> Group))	Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.10	2		0.10	0.10	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	0.01	2		0.01	0.01	C	48
99377	Cabbage, Chinese, choi-sum, raw (<i>Brassica rapa</i> subsp. <i>Chinensis</i>)	Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	2.80	2		2.80	2.80	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	0.90	2		0.90	0.90	C	48
99378	Cabbage, Chinese, raw (<i>Brassica rapa</i> subsp. <i>Chinensis</i>)	Flavonols	Kaempferol	22.51	6	8.19	20.02	25.00	C	151
11110	Cabbage, cooked, boiled, drained, without salt	Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	0.01	2		0.01	0.01	C	48
11109	Cabbage, raw (<i>Brassica oleracea</i> (<i>Capitata</i> Group))	Flavones	Apigenin	0.08	11	0.07	0.00	0.80	B	10, 30, 74, 103
			Luteolin	0.10	14	0.03	0.00	0.42	B	10, 30, 74, 103, 151
		Flavonols	Kaempferol	0.15	17	0.07	0.00	1.19	B	10, 30, 74, 103, 137, 151
			Myricetin	0.00	11		0.00	0.00	B	10, 30, 74, 103
			Quercetin	0.30	20	0.25	0.00	5.10	B	10, 30, 74, 81, 103, 137, 151
11112	Cabbage, red, raw (<i>Brassica oleracea</i> (<i>Capitata</i> Group))	Anthocyanidins	Cyanidin	72.86	6	22.17	8.20	142.50	B	48, 190
			Delphinidin	0.10	2		0.10	0.10	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavones	Apigenin	0.01	12	0.01	0.00	0.11	B	30, 48, 74, 103
			Luteolin	0.10	12	0.05	0.00	0.63	B	30, 48, 74, 103
		Flavonols	Kaempferol	0.00	13	0.00	0.00	0.01	B	18, 30, 48, 74, 103
			Myricetin	0.20	12	0.09	0.00	1.20	B	30, 48, 74, 103
			Quercetin	0.38	13	0.06	0.02	0.92	B	18, 30, 48, 74, 103
97034	Cacao beans (<i>Theobroma cacao</i>)	Flavan-3-ols	(-)-Epicatechin	99.18	3		99.18	99.18	C	151
			(-)-Epigallocatechin	156.67	3		156.67	156.67	C	151
			(+)-Catechin	88.45	3		88.45	88.45	C	151
99321	Candies, dark chocolate (purchased in the Netherlands)	Flavan-3-ols	(-)-Epicatechin	41.50	2	8.75	32.74	50.25	B	8
			(-)-Epicatechin 3-gallate	0.00	2		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	2		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	2		0.00	0.00	B	8
			(+)-Catechin	11.99	2	1.24	10.75	13.24	B	8
			(+)-Gallocatechin	0.00	2		0.00	0.00	B	8
19120	Candies, milk chocolate	Flavan-3-ols	(-)-Epicatechin	6.31	6	2.00	2.18	12.61	B	8, 36
			(-)-Epicatechin 3-gallate	0.00	6		0.00	0.00	B	8, 36
			(-)-Epigallocatechin	0.00	6		0.00	0.00	B	8, 36
			(-)-Epigallocatechin 3-gallate	0.00	6		0.00	0.00	B	8, 36
			(+)-Catechin	2.07	6	0.28	1.25	3.83	B	8, 36
			(+)-Gallocatechin	0.00	6		0.00	0.00	B	8, 36
02054	Capers, canned (<i>Capparis spinosa</i>)	Flavonols	Kaempferol	131.34	20	12.13	59.49	247.97	B	59, 77
			Quercetin	172.55	20	26.49	45.05	519.85	B	59, 77
99360	Capers, raw (<i>Capparis</i>)	Flavonols	Kaempferol	259.19	3	27.06	214.99	308.33	C	59
			Quercetin	233.84	3	50.31	149.31	323.38	C	59
99399	Carob fiber (Caromax)	Flavonols	Kaempferol	11.67	4	2.32	6.75	17.74	C	125
			Myricetin	47.74	4	1.95	43.75	51.76	C	125
			Quercetin	58.13	4	9.03	39.11	74.97	C	125
16055	Carob flour (<i>Ceratonia siliqua</i>)	Flavan-3-ols	(-)-Epicatechin 3-gallate	30.06	3		30.06	30.06	C	151
			(-)-Epigallocatechin 3-gallate	109.46	3		109.46	109.46	C	151
			(+)-Catechin	50.75	3		50.75	50.75	C	151
		Flavonols	Kaempferol	0.44	3	0.31	0.00	1.03	C	125
			Myricetin	6.73	3	1.12	5.03	8.83	C	125
			Quercetin	38.78	6	11.49	5.92	69.76	B	125, 151
99400	Carob kibbles	Flavonols	Kaempferol	0.57	1		0.57	0.57	C	125
			Myricetin	11.67	1		11.67	11.67	C	125
			Quercetin	3.63	1		3.63	3.63	C	125
11960	Carrots, baby, raw (<i>Daucus carota</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	B	68
			Delphinidin	0.00	2		0.00	0.00	B	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data	
			Malvidin	0.00	2		0.00	0.00	B	68	
			Pelargonidin	0.00	2		0.00	0.00	B	68	
			Peonidin	0.00	2		0.00	0.00	B	68	
			Petunidin	0.00	2		0.00	0.00	B	68	
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	68	
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	68	
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	68	
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	68	
			(+)-Catechin	0.00	4		0.00	0.00	B	68	
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	68	
			Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68
				Naringenin	0.00	4		0.00	0.00	B	68
		Flavones	Apigenin	0.00	2		0.00	0.00	B	68	
			Luteolin	0.00	1		0.00	0.00	B	68	
Flavonols	Myricetin	0.00	2		0.00	0.00	B	68			
	Quercetin	0.00	2		0.00	0.00	B	68			
11128	Carrots, canned, regular pack, drained solids	Flavones	Apigenin	0.00	4		0.00	0.00	B	74	
			Luteolin	0.00	4		0.00	0.00	B	74	
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74	
			Myricetin	0.00	4		0.00	0.00	B	74	
11124	Carrots, raw (<i>Daucus carota</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	7		0.00	0.00	B	8, 36	
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36	
			(-)-Epigallocatechin	0.00	7		0.00	0.00	B	8, 36	
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36	
			(+)-Catechin	0.00	7		0.00	0.00	B	8, 36	
			(+)-Gallocatechin	0.00	7		0.00	0.00	B	8, 36	
		Flavones	Apigenin	0.00	6		0.00	0.00	B	10, 74, 103	
			Luteolin	0.13	6	0.13	0.00	0.80	B	10, 74, 103	
		Flavonols	Kaempferol	0.10	6	0.10	0.00	0.60	B	10, 74, 103	
			Myricetin	0.07	6	0.07	0.00	0.40	B	10, 74, 103	
Quercetin	0.31		6	0.25	0.00	1.50	B	10, 74, 103			
11935	Catsup	Flavonols	Kaempferol	0.01	3		0.01	0.01	C	168	
			Quercetin	0.86	3		0.86	0.86	C	168	
11137	Cauliflower, frozen, unprepared	Flavonols	Kaempferol	0.25	3	0.11	0.09	0.47	C	137	
			Quercetin	0.83	3	0.19	0.54	1.18	C	137	
11135	Cauliflower, raw (<i>Brassica oleracea</i> (<i>Botrytis</i> Group))	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8	
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8	
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8	

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8		
			(+)-Catechin	0.00	4		0.00	0.00	B	8		
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8		
		Flavones	Apigenin	0.03	6	0.03	0.00	0.20	B	10, 74, 103		
			Luteolin	0.07	6	0.07	0.00	0.40	B	10, 74, 103		
		Flavonols	Kaempferol	0.38	7	0.22	0.00	1.25	B	10, 74, 103, 137		
			Myricetin	0.00	6		0.00	0.00	B	10, 74, 103		
Quercetin	0.66		7	0.55	0.00	3.90	B	10, 74, 103, 137				
11141	Celeriac, raw (<i>Apium graveolens</i>)	Flavones	Apigenin	2.41	1		2.41	2.41	D	103		
			Luteolin	0.00	1		0.00	0.00	D	103		
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	103		
			Myricetin	0.00	1		0.00	0.00	D	103		
			Quercetin	0.18	1		0.18	0.18	D	103		
99118	Celery hearts, green (<i>Apium graveolens</i>)	Flavones	Apigenin	19.10	1		19.10	19.10	D	34		
			Luteolin	3.50	1		3.50	3.50	D	34		
99009	Celery hearts, white (<i>Apium graveolens</i>)	Flavones	Apigenin	1.70	1		1.70	1.70	C	34		
			Luteolin	0.66	1		0.66	0.66	C	34		
11143	Celery, raw (<i>Apium graveolens</i>)	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68		
			Delphinidin	0.00	8		0.00	0.00	A	68		
			Malvidin	0.00	8		0.00	0.00	A	68		
			Pelargonidin	0.00	8		0.00	0.00	A	68		
			Peonidin	0.00	8		0.00	0.00	A	68		
			Petunidin	0.00	8		0.00	0.00	A	68		
		Flavan-3-ols	(-)-Epicatechin	0.00	5		0.00	0.00	B	68		
			(-)-Epicatechin 3-gallate	0.00	5		0.00	0.00	B	68		
			(-)-Epigallocatechin	0.00	5		0.00	0.00	B	68		
			(-)-Epigallocatechin 3-gallate	0.00	5		0.00	0.00	B	68		
			(+)-Catechin	0.00	5		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68		
			Naringenin	0.00	5		0.00	0.00	B	68		
		Flavones	Apigenin	2.34	22	0.70	0.00	10.80	B	34, 68, 75, 81, 151		
			Luteolin	0.63	19	0.28	0.00	4.00	B	34, 68, 75, 81, 151		
		Flavonols	Myricetin	0.00	8		0.00	0.00	A	68		
			Quercetin	0.39	9	0.39	0.00	3.50	B	33, 68		
		11147	Chard, Swiss, raw (<i>Beta vulgaris</i> (Cicla Group))	Flavan-3-ols	(+)-Catechin	2.15	12	0.25	0.10	6.70	C	138
				Flavonols	Kaempferol	4.30	12	0.87	0.50	9.20	C	138
Myricetin	1.35				12	0.24	0.00	3.10	C	138		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
09063	Cherries, sour, red, raw (<i>Prunus cerasus</i>)	Anthocyanidins	Quercetin	2.63	12	0.40	0.30	7.50	C	138
			Cyanidin	6.64	2	3.59	3.05	10.23	C	185
		Flavan-3-ols	(-)-Epicatechin	3.83	6	3.14	0.68	19.60	C	28, 177
			(+)-Catechin	0.30	5		0.30	0.30	C	177
		Flavones	Apigenin	0.00	1		0.00	0.00	C	102
			Luteolin	0.00	1		0.00	0.00	C	102
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	102
			Myricetin	0.00	1		0.00	0.00	C	102
Quercetin	2.92		1		2.92	2.92	C	102		
09365	Cherries, sweet, canned, water-pack, drained	Flavan-3-ols	(-)-Epicatechin	4.31	1		4.31	4.31	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
		Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	3.20	4		3.20	3.20	B	74
09070	Cherries, sweet, raw (<i>Prunus avium</i>)	Anthocyanidins	Cyanidin	75.18	15	11.13	23.86	145.09	B	53, 68, 190
			Delphinidin	0.00	4		0.00	0.00	B	68
			Malvidin	0.00	4		0.00	0.00	B	68
			Pelargonidin	0.54	11	0.19	0.00	1.88	B	53, 68
			Peonidin	4.47	15	0.58	1.93	10.99	B	53, 68, 190
			Petunidin	0.00	4		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	6.97	21	0.73	1.39	13.40	B	8, 28, 36, 68, 177
			(-)-Epicatechin 3-gallate	0.05	11	0.01	0.00	0.20	A	8, 36, 68
			(-)-Epigallocatechin	0.34	11	0.26	0.00	2.89	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.00	10		0.00	0.00	B	8, 36, 68
			(+)-Catechin	1.31	16	0.27	0.00	2.17	A	8, 36, 68, 177
			(+)-Gallocatechin	0.00	11		0.00	0.00	A	8, 36, 68
		Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68
			Naringenin	0.00	4		0.00	0.00	B	68
		Flavones	Apigenin	0.00	6		0.00	0.00	B	68, 74, 102
			Luteolin	0.00	6		0.00	0.00	B	68, 74, 102
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	74, 102
			Myricetin	0.00	6		0.00	0.00	B	68, 74, 102
			Quercetin	2.64	10	0.45	0.86	3.93	B	68, 74, 81, 102, 151

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw (<i>Cicer arietinum</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.00	3		0.00	0.00	C	36
			(+)-Galocatechin	0.00	3		0.00	0.00	C	36
11152	Chicory greens, raw (<i>Cichorium intybus</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	C	6
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Galocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.77	6	0.50	0.00	2.80	B	6, 74
			Luteolin	1.30	6	1.30	0.00	7.80	B	6, 74
		Flavonols	Kaempferol	2.45	6	1.83	0.00	11.10	B	6, 74
Myricetin	0.00		4		0.00	0.00	B	74		
Quercetin	4.82		6	4.12	0.00	25.20	B	6, 74		
99379	Chives, Chinese, raw (<i>Allium tuberosum</i>)	Flavonols	Kaempferol	17.11	6	6.23	15.07	19.16	C	151
11156	Chives, raw (<i>Allium schoenoprasum</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
		Flavones	Apigenin	0.00	2		0.00	0.00	C	80, 175
			Luteolin	0.15	2	0.15	0.00	0.30	C	80, 175
		Flavonols	Isorhamnetin	6.75	2	1.75	5.00	8.50	C	80, 175
			Kaempferol	10.00	3	2.25	5.50	12.50	B	18, 80, 175
			Myricetin	0.00	1		0.00	0.00	B	175
Quercetin	4.77	3	2.88	0.90	10.40	B	18, 80, 175			
99398	Chokeberry juice concentrate	Anthocyanidins	Cyanidin	294.39	1		294.39	294.39	C	16
		Flavonols	Quercetin	68.17	1		68.17	68.17	C	16
99012	Chokeberry, raw (<i>Aronia arbutifolia</i>)	Anthocyanidins	Cyanidin	435.78	5	46.40	307.84	947.52	C	163, 191
			Pelargonidin	1.44	1		1.44	1.44	C	191
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	67
			Myricetin	0.00	1		0.00	0.00	C	67
			Quercetin	8.90	1		8.90	8.90	C	67
99337	Cloudberries, raw (<i>Rubus chamaemorus</i>)	Flavonols	Kaempferol	0.00	2		0.00	0.00	C	67
			Myricetin	0.00	2		0.00	0.00	C	67
			Quercetin	0.60	2		0.60	0.60	C	67
14192	Cocoa mix, powder	Flavan-3-ols	(-)-Epicatechin	26.20	15	1.24	18.00	32.00	C	20
14194	Cocoa mix, powder,	Flavan-3-ols	(-)-Epicatechin	0.59	3		0.59	0.59	C	36

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	prepared with water		(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.74	3		0.74	0.74	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
19165	Cocoa, dry powder, unsweetened	Flavonols	Quercetin	20.13	1		20.13	20.13	C	92
14209	Coffee, brewed from grounds, prepared with tap water	Flavan-3-ols	(-)-Epicatechin	0.04	4	0.02	0.00	0.06	B	9, 36
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	9, 36
			(-)-Epigallocatechin	0.04	4	0.02	0.00	0.05	B	9, 36
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	9, 36
			(+)-Catechin	0.00	4		0.00	0.00	B	9, 36
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	9, 36
		Flavones	Apigenin	0.00	1		0.00	0.00	C	73
			Luteolin	0.00	1		0.00	0.00	C	73
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	73
			Myricetin	0.05	1		0.05	0.05	C	73
Quercetin	0.05		1		0.05	0.05	C	73		
11165	Coriander (cilantro) leaves, raw (<i>Coriandrum sativum</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
		Flavones	Apigenin	0.00	1		0.00	0.00	C	80
			Luteolin	0.00	1		0.00	0.00	C	80
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	0.00	1		0.00	0.00	C	80
			Quercetin	52.90	4	23.14	5.00	68.86	C	80, 151
99014	Corn poppy, leaves (<i>Papaver rhoeas</i>)	Flavones	Apigenin	0.10	1		0.10	0.10	B	175
			Luteolin	0.10	1		0.10	0.10	B	175
		Flavonols	Isorhamnetin	1.10	1		1.10	1.10	B	175
			Kaempferol	2.30	1		2.30	2.30	B	175
			Myricetin	1.10	1		1.10	1.10	B	175
			Quercetin	26.30	1		26.30	26.30	B	175
11167	Corn, sweet, yellow, raw (<i>Zea mays</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds,	Anthocyanidins	Cyanidin	94.72	3		94.72	94.72	C	27
			Delphinidin	94.60	3		94.60	94.60	C	27
			Malvidin	34.28	3		34.28	34.28	C	27

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	raw (<i>Vigna unguiculata</i>)	Flavonols	Peonidin	11.07	3		11.07	11.07	C	27
			Petunidin	27.82	3		27.82	27.82	C	27
			Kaempferol	1.92	3		1.92	1.92	C	27
			Myricetin	2.60	3		2.60	2.60	C	27
			Quercetin	17.22	3		17.22	17.22	C	27
09079	Cranberries, dried, sweetened	Anthocyanidins	Cyanidin	0.60	2		0.60	0.60	C	48
			Delphinidin	0.10	2		0.10	0.10	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	2.40	2		2.40	2.40	C	48
Quercetin	4.50		2		4.50	4.50	C	48		
09078	Cranberries, raw (<i>Vaccinium macrocarpon</i>)	Anthocyanidins	Cyanidin	41.81	7	2.86	32.16	53.35	B	68, 190
			Delphinidin	7.66	5	1.93	0.12	10.66	B	68, 190
			Malvidin	0.31	6	0.22	0.00	1.34	B	68, 190
			Pelargonidin	0.00	4		0.00	0.00	B	68
			Peonidin	42.10	7	3.64	32.56	58.18	B	68, 190
			Petunidin	0.00	4		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	4.37	8	0.93	2.95	5.72	A	8, 68
			(-)-Epicatechin 3-gallate	0.00	8		0.00	0.00	A	8, 68
			(-)-Epigallocatechin	0.74	8	0.28	0.00	1.79	A	8, 68
			(-)-Epigallocatechin 3-gallate	0.97	8	0.48	0.00	2.86	A	8, 68
			(+)-Catechin	0.39	8	0.16	0.00	1.06	A	8, 68
			(+)-Gallocatechin	0.00	8		0.00	0.00	A	8, 68
			Flavanones	Hesperetin	0.00	4		0.00	0.00	B
		Naringenin		0.00	4		0.00	0.00	B	68
		Flavones	Apigenin	0.00	4		0.00	0.00	B	68
		Flavonols	Kaempferol	0.09	14	0.03	0.00	0.27	B	17, 67
			Myricetin	6.78	20	1.67	0.40	23.00	B	17, 67, 68, 75, 81
Quercetin	15.09		20	1.06	7.30	25.00	B	17, 67, 68, 75, 81		
14242	Cranberry juice cocktail, bottled	Anthocyanidins	Cyanidin	0.38	1		0.38	0.38	C	48
			Delphinidin	0.03	1		0.03	0.03	C	48
			Pelargonidin	0.03	1		0.03	0.03	C	48
		Flavan-3-ols	(+)-Catechin	0.19	1		0.19	0.19	C	29
		Flavones	Apigenin	0.01	1		0.01	0.01	C	48
			Luteolin	0.03	1		0.03	0.03	C	48
		Flavonols	Kaempferol	0.01	1		0.01	0.01	C	48
			Myricetin	0.51	2	0.24	0.27	0.75	C	29, 48

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Quercetin	1.27	2	0.14	1.13	1.41	C	29, 48
99110	Cranberry juice, raw	Flavan-3-ols	(+)-Catechin	0.92	1		0.92	0.92	C	29
		Flavonols	Myricetin	4.41	1		4.41	4.41	C	29
			Quercetin	16.41	1		16.41	16.41	C	29
09081	Cranberry sauce, canned, sweetened	Anthocyanidins	Cyanidin	0.10	2		0.10	0.10	C	48
			Delphinidin	0.02	2		0.02	0.02	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	2.70	2		2.70	2.70	C	48
			Quercetin	2.40	2		2.40	2.40	C	48
11203	Cress, garden, raw (<i>Lepidium sativum</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
		Flavones	Apigenin	0.00	1		0.00	0.00	C	80
			Luteolin	0.00	1		0.00	0.00	C	80
		Flavonols	Isorhamnetin	1.00	1		1.00	1.00	C	80
			Kaempferol	13.00	1		13.00	13.00	C	80
			Quercetin	0.00	1		0.00	0.00	C	80
99339	Crowberries, raw (<i>Empetrum nigrum</i>)	Flavonols	Kaempferol	0.00	2		0.00	0.00	C	67
			Myricetin	4.65	2	0.25	4.40	4.90	C	67
			Quercetin	5.45	2	0.15	5.30	5.60	C	67
99066	Crowberry juice	Flavonols	Myricetin	3.49	2	0.03	3.46	3.51	C	65
			Quercetin	3.88	2	0.12	3.76	3.99	C	65
99102	Crown daisy, leaves (<i>Chrysanthemum coronarium</i> var. <i>coronarium</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	D	30
			Luteolin	0.01	1		0.01	0.01	D	30
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	30
			Myricetin	0.02	1		0.02	0.02	D	30
			Quercetin	0.16	1		0.16	0.16	D	30
11205	Cucumber, with peel, raw (<i>Cucumis sativus</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.00	6		0.00	0.00	C	30, 74, 103
			Luteolin	0.00	6	0.00	0.00	0.01	C	30, 74, 103
		Flavonols	Kaempferol	0.06	6	0.06	0.00	0.33	C	30, 74, 103
Myricetin	0.00		6		0.00	0.00	C	30, 74, 103		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Quercetin	0.04	6	0.04	0.00	0.24	C	30, 74, 103
99073	Currants, dried	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
09083	Currants, European black, raw (<i>Ribes nigrum</i>)	Anthocyanidins	Cyanidin	85.63	9	11.15	53.36	149.40	C	78, 83, 105, 191
			Delphinidin	181.11	9	23.55	69.77	272.81	C	78, 83, 105, 191
			Pelargonidin	1.17	6	0.12	0.79	1.39	C	191
			Peonidin	0.66	7	0.11	0.26	1.09	C	83, 191
			Petunidin	3.87	7	1.55	0.07	12.30	C	83, 191
		Flavan-3-ols	(-)-Epicatechin	0.47	4		0.47	0.47	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.70	4		0.70	0.70	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.00	1		0.00	0.00	C	102
			Luteolin	0.00	1		0.00	0.00	C	102
		Flavonols	Kaempferol	0.50	3	0.50	0.00	1.50	C	67, 102, 105
Myricetin	6.64		10	0.15	0.00	14.00	B	65, 67, 102, 105, 184		
Quercetin	5.55		10	0.71	4.40	8.60	B	65, 67, 102, 105, 184		
99044	Currants, red, raw (<i>Ribes rubrum</i>)	Anthocyanidins	Cyanidin	12.91	2	4.79	8.12	17.70	C	105, 191
			Delphinidin	0.04	2	0.04	0.00	0.07	C	105, 191
		Flavan-3-ols	(-)-Epicatechin	0.08	7	0.02	0.00	0.19	B	8, 36
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36
			(-)-Epigallocatechin	0.15	7	0.03	0.00	0.36	B	8, 36
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36
			(+)-Catechin	1.27	7	0.44	1.22	1.33	B	8, 36
			(+)-Gallocatechin	1.28	7	0.44	1.22	1.35	B	8, 36
		Flavones	Apigenin	0.00	2		0.00	0.00	C	74, 102
			Luteolin	0.00	2		0.00	0.00	C	74, 102
		Flavonols	Kaempferol	0.01	4	0.01	0.00	0.04	B	67, 74, 102, 105
			Myricetin	1.09	4	1.07	0.00	4.29	B	67, 74, 102, 105
			Quercetin	0.75	6	0.09	0.00	1.30	B	67, 74, 81, 102, 105
99045	Currants, white, raw (<i>Ribes rubrum</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	D	105
			Delphinidin	0.00	2		0.00	0.00	D	105
		Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.30	1		0.30	0.30	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
		Flavonols	Kaempferol	0.17	4	0.17	0.00	0.70	C	67, 105
		Myricetin	0.18	4	0.17	0.00	0.70	C	67, 105	
		Quercetin	2.68	4	1.36	0.50	6.30	C	67, 105	
09086	Custard-apple, (bullock's-heart), raw (<i>Annona reticulata</i>)	Flavan-3-ols	(-)-Epicatechin	5.63	3		5.63	5.63	C	36
			(-)-Epicatechin 3-gallate	0.04	3		0.04	0.04	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.58	3		0.58	0.58	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
09087	Dates, deglet noor (<i>Phoenix dactylifera</i>)	Anthocyanidins	Cyanidin	1.70	6	0.63	0.00	4.10	B	68
			Delphinidin	0.00	6		0.00	0.00	B	68
			Malvidin	0.00	6		0.00	0.00	B	68
			Pelargonidin	0.00	6		0.00	0.00	B	68
			Peonidin	0.00	6		0.00	0.00	B	68
			Petunidin	0.00	6		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	5		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	5		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	5		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	5		0.00	0.00	B	68
			(+)-Catechin	0.00	5		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68
			Naringenin	0.00	5		0.00	0.00	B	68
		Flavones	Apigenin	0.00	6		0.00	0.00	B	68
			Luteolin	0.00	3		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	6		0.00	0.00	B	68
			Quercetin	0.93	6	0.43	0.00	2.40	B	68
02045	Dill weed, fresh (<i>Anethum graveolens</i>)	Flavanones	Hesperetin	0.00	2		0.00	0.00	C	80
		Flavones	Apigenin	0.00	3		0.00	0.00	C	80, 103
			Luteolin	0.00	3		0.00	0.00	C	80, 103
		Flavonols	Isorhamnetin	43.50	2	28.50	15.00	72.00	C	80
			Kaempferol	13.33	3	7.06	0.00	24.00	C	80, 103
Myricetin	0.70	1		0.70	0.70	D	103			

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
11616	Dock leaves, raw (<i>Rumex spp.</i>)	Flavones	Quercetin	55.15	3	29.82	7.45	110.00	C	80, 103
			Apigenin	0.00	1		0.00	0.00	B	175
			Luteolin	0.00	1		0.00	0.00	B	175
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	B	175
			Kaempferol	10.30	1		10.30	10.30	B	175
			Myricetin	5.70	1		5.70	5.70	B	175
			Quercetin	86.20	1		86.20	86.20	B	175
11209	Eggplant, raw (<i>Solanum malongena</i>)	Anthocyanidins	Cyanidin	0.02	2		0.02	0.02	C	48
			Delphinidin	13.76	3	13.74	0.02	41.24	C	48, 190
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.00	3		0.00	0.00	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
			Flavones	Apigenin	0.01	2		0.01	0.01	C
		Luteolin		0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	0.00	2		0.00	0.00	C	48
09088	Elderberries, raw (<i>Sambucus spp.</i>)	Anthocyanidins	Cyanidin	758.48	14	60.83	379.15	1067.33	C	82, 191
			Pelargonidin	1.13	1		1.13	1.13	C	191
		Flavonols	Quercetin	42.00	13	2.66	29.00	60.00	C	82
99402	Elderberry juice concentrate	Anthocyanidins	Cyanidin	420.40	1		420.40	420.40	C	16
		Flavonols	Quercetin	108.16	1		108.16	108.16	C	16
11213	Endive, raw (<i>Cichorium endivia</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	10.10	14	1.88	1.80	24.83	B	44, 74, 75
			Myricetin	0.00	4		0.00	0.00	B	74
Quercetin	0.00		4		0.00	0.00	B	74		
99058	Fennel, leaves, raw (<i>Foeniculum vulgare</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	B	175
			Luteolin	0.10	1		0.10	0.10	B	175

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Isorhamnetin	9.30	1		9.30	9.30	B	175
			Kaempferol	6.50	1		6.50	6.50	B	175
			Myricetin	19.80	1		19.80	19.80	B	175
			Quercetin	48.80	1		48.80	48.80	B	175
09089	Figs, raw (<i>Ficus carica</i>)	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.02	11	0.00	0.00	0.05	B	36, 68, 177
			(-)-Epicatechin 3-gallate	0.00	8		0.00	0.00	B	36, 68
			(-)-Epigallocatechin	0.00	8		0.00	0.00	B	36, 68
			(-)-Epigallocatechin 3-gallate	0.00	8		0.00	0.00	B	36, 68
			(+)-Catechin	0.15	10	0.02	0.00	0.43	B	36, 68, 177
			(+)-Gallocatechin	0.00	8		0.00	0.00	B	36, 68
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68
			Naringenin	0.00	5		0.00	0.00	B	68
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68
			Luteolin	0.00	4		0.00	0.00	B	68
Flavonols	Myricetin	0.00	8		0.00	0.00	A	68		
	Quercetin	0.93	8	0.41	0.00	3.20	A	68		
99053	Garlic chives, raw (<i>Allium sativum</i>)	Flavonols	Kaempferol	2.12	1		2.12	2.12	C	18
			Quercetin	0.12	1		0.12	0.12	C	18
09107	Gooseberries, raw (<i>Ribes spp.</i>)	Anthocyanidins	Cyanidin	3.61	4	1.70	0.05	6.57	C	191
			Peonidin	0.13	3	0.03	0.07	0.18	C	191
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	1.67	4		1.67	1.67	B	8
			(+)-Gallocatechin	0.44	4		0.44	0.44	B	8
		Flavones	Apigenin	0.00	2		0.00	0.00	C	102
			Luteolin	0.00	2		0.00	0.00	C	102
		Flavonols	Kaempferol	0.88	4	0.51	0.00	1.90	C	67, 102
Myricetin	0.00		4		0.00	0.00	C	67, 102		
Quercetin	1.23		4	0.49	0.00	2.20	C	67, 102		
11220	Gourd, dishcloth (towelgourd), raw (<i>Luffa</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	D	30
			Luteolin	0.01	1		0.01	0.01	D	30

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	<i>aegyptiaca</i>)	Flavonols	Kaempferol	0.00	1		0.00	0.00	D	30
			Myricetin	0.13	1		0.13	0.13	D	30
			Quercetin	0.03	1		0.03	0.03	D	30
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	Anthocyanidins	Cyanidin	0.56	2		0.56	0.56	C	48
			Delphinidin	0.47	2		0.47	0.47	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	B	9
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	B	9
			(-)-Epigallocatechin	0.00	1		0.00	0.00	B	9
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	B	9
			(+)-Catechin	0.19	1		0.19	0.19	B	9
			(+)-Gallocatechin	0.00	1		0.00	0.00	B	9
		Flavones	Apigenin	0.01	3	0.00	0.00	0.01	B	48, 73
Luteolin	0.01		3	0.00	0.00	0.02	B	48, 73		
Flavonols	Kaempferol	0.01	3	0.00	0.00	0.01	B	48, 73		
	Myricetin	0.21	3	0.18	0.03	0.58	B	48, 73		
	Quercetin	0.64	3	0.28	0.41	0.75	B	48, 73		
99050	Grape juice, white	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	164
			(+)-Catechin	0.16	1		0.16	0.16	C	164
		Flavonols	Quercetin	0.36	1		0.36	0.36	C	164
97003	Grape seeds, raw (<i>Vitis vinifera</i>)	Flavan-3-ols	(-)-Epicatechin	93.31	35	8.42	23.00	284.00	C	50, 195
			(+)-Catechin	74.63	35	5.78	6.00	244.00	C	50, 195
09404	Grapefruit juice, pink, raw	Flavanones	Eriodictyol	0.00	24		0.00	0.00	C	14, 114
			Hesperetin	0.78	28	0.11	0.44	2.32	B	14, 37, 114
			Naringenin	17.19	28	1.91	9.67	62.58	B	14, 37, 114
		Flavones	Apigenin	0.00	1		0.00	0.00	D	14
Flavonols	Quercetin	0.00	1		0.00	0.00	D	14		
09123	Grapefruit juice, white, canned, unsweetened	Flavanones	Hesperetin	1.15	3	0.34	0.52	1.68	C	12, 149
			Naringenin	18.07	528	0.78	5.20	26.33	B	12, 41, 149, 150
		Flavonols	Quercetin	0.90	2	0.25	0.65	1.16	C	12
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	Flavanones	Naringenin	31.18	2	0.71	30.48	31.89	C	24
09128	Grapefruit juice, white, raw	Flavanones	Eriodictyol	0.65	29	0.38	0.00	11.36	B	14, 114, 115
			Hesperetin	3.42	29	1.42	0.00	34.93	B	14, 114, 115
			Naringenin	20.06	32	1.83	0.00	58.03	B	13, 14, 114, 115
		Flavones	Apigenin	0.00	9		0.00	0.00	C	14, 73
			Luteolin	0.00	1		0.00	0.00	C	73

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	73
			Myricetin	0.05	1		0.05	0.05	C	73
			Quercetin	0.05	9	0.05	0.00	0.47	C	14, 73
99347	Grapefruit, raw (not specified as to color) (<i>Citrus paradisi</i>)	Flavanones	Hesperetin	1.50	2		1.50	1.50	C	81
			Naringenin	53.00	2		53.00	53.00	C	81
		Flavonols	Kaempferol	0.40	2		0.40	0.40	C	81
			Quercetin	0.50	2		0.50	0.50	C	81
09112	Grapefruit, raw, pink and red, all areas (<i>Citrus paradisi</i>)	Anthocyanidins	Cyanidin	0.00	7		0.00	0.00	A	68
			Delphinidin	0.00	7		0.00	0.00	A	68
			Malvidin	0.00	7		0.00	0.00	A	68
			Pelargonidin	0.00	7		0.00	0.00	A	68
			Peonidin	0.00	7		0.00	0.00	A	68
			Petunidin	0.00	7		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	7		0.00	0.00	A	68
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(+)-Catechin	0.00	7		0.00	0.00	A	68
			(+)-Gallocatechin	0.00	7		0.00	0.00	A	68
		Flavanones	Hesperetin	0.35	10	0.04	0.00	1.17	A	48, 68
			Naringenin	32.64	9	6.62	16.28	44.97	A	48, 68
		Flavones	Apigenin	0.00	10	0.00	0.00	0.01	A	48, 68
			Luteolin	0.60	7	0.12	0.00	1.40	A	48, 68
		Flavonols	Kaempferol	0.01	3		0.01	0.01	B	48
			Myricetin	0.01	10	0.00	0.00	0.03	A	48, 68
			Quercetin	0.33	10	0.19	0.00	2.02	A	48, 68
		09116	Grapefruit, raw, white, all areas (<i>Citrus paradisi</i>)	Flavanones	Hesperetin	0.64	2		0.64	0.64
Naringenin	21.34				2		21.34	21.34	C	48
Flavones	Apigenin			0.00	1		0.00	0.00	C	102
	Luteolin			0.00	1		0.00	0.00	C	102
Flavonols	Kaempferol			0.00	1		0.00	0.00	C	102
	Myricetin			0.00	1		0.00	0.00	C	102
	Quercetin	0.00	1		0.00	0.00	C	102		
99048	Grapes, black (<i>Vitis vinifera</i>)	Flavan-3-ols	(-)-Epicatechin	8.68	11	2.48	8.64	8.70	B	8, 177
			(-)-Epicatechin 3-gallate	2.81	4		2.81	2.81	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	10.14	11	2.91	8.94	10.83	B	8, 177
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavones	Apigenin	0.00	1		0.00	0.00	C	74
			Luteolin	0.00	1		0.00	0.00	C	74
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	74
			Myricetin	0.45	1		0.45	0.45	C	74
			Quercetin	2.54	4	0.83	1.26	3.70	B	74, 81, 124
99049	Grapes, black, juice	Flavan-3-ols	(-)-Epicatechin	0.00	2		0.00	0.00	B	9
			(-)-Epicatechin 3-gallate	0.00	2		0.00	0.00	B	9
			(-)-Epigallocatechin	0.00	2		0.00	0.00	B	9
			(-)-Epigallocatechin 3-gallate	0.00	2		0.00	0.00	B	9
			(+)-Catechin	0.80	2	0.05	0.75	0.85	B	9
			(+)-Gallocatechin	0.00	2		0.00	0.00	B	9
97074	Grapes, red, raw (<i>Vitis vinifera</i>)	Anthocyanidins	Cyanidin	1.46	24	0.56	0.17	13.16	B	48, 143, 190
			Delphinidin	3.67	24	1.53	0.16	39.58	B	48, 143, 190
			Malvidin	34.71	22	5.57	1.39	56.72	B	143, 190
			Pelargonidin	0.02	2		0.02	0.02	C	48
			Peonidin	2.89	22	0.46	1.28	9.59	B	143, 190
			Petunidin	2.11	22	0.14	0.17	8.78	B	143, 190
		Flavan-3-ols	(-)-Epicatechin	1.20	5	0.22	0.70	2.14	C	36, 123
			(-)-Epicatechin 3-gallate	0.17	3		0.17	0.17	C	36
			(-)-Epigallocatechin	0.08	3		0.08	0.08	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.82	3		0.82	0.82	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
		Flavones	Apigenin	0.00	4	0.00	0.00	0.01	C	48, 102
			Luteolin	1.30	4	0.00	0.00	2.60	C	48, 102
		Flavonols	Kaempferol	0.00	4	0.00	0.00	0.01	C	48, 102
			Myricetin	0.01	4	0.00	0.00	0.03	C	48, 102
			Quercetin	1.38	6	0.69	0.00	3.98	B	48, 102, 123
		99047	Grapes, white or green, raw (<i>Vitis vinifera</i>)	Flavan-3-ols	(-)-Epicatechin	1.70	14	0.42	0.07	2.78
Flavan-3-ols	(-)-Epicatechin 3-gallate			0.25	7	0.08	0.00	0.43	B	8, 36
	(-)-Epigallocatechin			0.02	7	0.00	0.00	0.04	B	8, 36
	(-)-Epigallocatechin 3-gallate			0.00	7		0.00	0.00	B	8, 36
	(+)-Catechin			3.73	14	0.92	0.39	5.89	B	8, 36, 177
	(+)-Gallocatechin			0.01	7	0.00	0.00	0.03	B	8, 36
Flavones	Apigenin			0.00	3		0.00	0.00	C	74, 102
	Luteolin			0.00	3		0.00	0.00	C	74, 102
Flavonols	Kaempferol			0.00	3		0.00	0.00	C	74, 102
	Myricetin			0.30	3	0.11	0.00	0.45	C	74, 102

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Quercetin	1.62	4	0.71	0.20	3.87	B	74, 81, 102
99016	Greek greens pie (prepared from wild greens)	Flavones	Apigenin	0.00	1		0.00	0.00	B	175
			Luteolin	6.60	1		6.60	6.60	B	175
			Isorhamnetin	1.80	1		1.80	1.80	B	175
		Flavonols	Kaempferol	4.30	1		4.30	4.30	B	175
			Myricetin	1.40	1		1.40	1.40	B	175
			Quercetin	12.40	1		12.40	12.40	B	175
99019	Hartwort, leaves (<i>Tordylium apulum</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	B	175
			Luteolin	0.60	1		0.60	0.60	B	175
		Flavonols	Isorhamnetin	5.10	1		5.10	5.10	B	175
			Kaempferol	2.90	1		2.90	2.90	B	175
			Myricetin	1.60	1		1.60	1.60	B	175
			Quercetin	29.30	1		29.30	29.30	B	175
99376	Hawthorn leaves, raw (<i>Crataegus spp.</i>)	Flavones	Apigenin	0.40	1		0.40	0.40	D	162
			Luteolin	0.00	1		0.00	0.00	D	162
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	162
			Myricetin	0.00	1		0.00	0.00	D	162
			Quercetin	24.10	1		24.10	24.10	D	162
99035	Honey, mixed varieties (samples obtained in Australia, Italy, Portugal and Spain)	Flavones	Apigenin	0.05	2	0.02	0.03	0.07	C	58
			Luteolin	0.63	29	0.08	0.03	3.19	B	58, 193, 194
		Flavonols	Isorhamnetin	0.17	23	0.02	0.04	0.40	B	58, 193, 194
			Kaempferol	0.11	29	0.01	0.05	0.17	B	58, 193, 194
			Myricetin	1.03	22	0.13	0.11	2.73	B	193, 194
			Quercetin	0.51	29	0.05	0.02	1.30	B	58, 193, 194
99079	Horseradish, root, whole (<i>Armoracia rusticana</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	D	103
			Luteolin	0.90	1		0.90	0.90	D	103
		Flavonols	Kaempferol	1.58	2	0.99	0.60	2.57	C	18, 103
			Myricetin	0.00	1		0.00	0.00	D	103
			Quercetin	0.28	2	0.29	0.00	0.57	C	18, 103
19719	Jams and preserves, apricot	Flavan-3-ols	(-)-Epicatechin	0.50	1		0.50	0.50	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.47	1		0.47	0.47	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
		Flavonols	Kaempferol	0.11	6	0.01	0.06	0.16	C	173
			Quercetin	0.71	6	0.11	0.31	1.05	C	173
99114	Jams and preserves, cherry	Flavan-3-ols	(-)-Epicatechin	0.90	1		0.90	0.90	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.16	1		0.16	0.16	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
99113	Jams and preserves, forest fruit	Flavan-3-ols	(-)-Epicatechin	1.57	1		1.57	1.57	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.07	1		0.07	0.07	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
99368	Jams and preserves, grape	Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	0.01	2		0.01	0.01	C	48
99387	Jams and preserves, guava	Anthocyanidins	Cyanidin	0.20	2		0.20	0.20	C	48
			Delphinidin	0.02	2		0.02	0.02	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	0.01	2		0.01	0.01	C	48
99027	Jams and preserves, peach	Flavonols	Kaempferol	0.26	6	0.11	0.05	0.77	C	173
			Quercetin	0.32	6	0.08	0.12	0.59	C	173
99031	Jams and preserves, plum	Flavonols	Quercetin	0.63	3	0.22	0.18	0.85	C	173
99403	Jams and preserves, raspberry	Flavonols	Kaempferol	0.53	1		0.53	0.53	C	198
			Quercetin	4.30	1		4.30	4.30	C	198
99038	Jams and preserves, sour orange	Flavanones	Eriodictyol	3.03	3	0.43	2.48	3.87	C	173
			Hesperetin	4.02	3	0.45	3.17	4.70	C	173
			Naringenin	4.56	3	0.49	3.72	5.43	C	173
99064	Jams and preserves, strawberry	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.90	1		0.90	0.90	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
		Flavonols	Kaempferol	0.64	6	0.21	0.00	1.07	C	65, 173

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
97079	Kiwi, gold, raw (<i>Actinidia chinensis</i>)	Anthocyanidins	Cyanidin	0.00	1		0.00	0.00	B	68
			Delphinidin	0.00	1		0.00	0.00	B	68
			Malvidin	0.00	1		0.00	0.00	B	68
			Pelargonidin	0.00	1		0.00	0.00	B	68
			Peonidin	0.00	1		0.00	0.00	B	68
			Petunidin	0.00	1		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.64	1		0.64	0.64	B	68
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	1		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	B	68
			(+)-Catechin	0.00	1		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	1		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	1		0.00	0.00	B	68
			Naringenin	0.00	1		0.00	0.00	B	68
Flavones	Apigenin	0.00	1		0.00	0.00	B	68		
	Luteolin	0.00	1		0.00	0.00	B	68		
Flavonols	Myricetin	0.00	1		0.00	0.00	B	68		
	Quercetin	0.00	1		0.00	0.00	B	68		
11241	Kohlrabi, raw (<i>Brassica oleracea</i> (<i>Gongylodes</i> Group))	Flavones	Apigenin	0.00	1		0.00	0.00	D	103
			Luteolin	1.30	1		1.30	1.30	D	103
		Flavonols	Kaempferol	2.43	1		2.43	2.43	D	103
			Myricetin	0.00	1		0.00	0.00	D	103
			Quercetin	0.40	1		0.40	0.40	D	103
09149	Kumquats, raw (<i>Fortunella</i> spp.)	Flavanones	Naringenin	57.39	3		57.39	57.39	C	151
		Flavones	Apigenin	21.87	3		21.87	21.87	C	151
11246	Leeks, (bulb and lower leaf-portion), raw (<i>Allium ampeloprasum</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.00	5		0.00	0.00	C	74, 103
			Luteolin	0.00	5		0.00	0.00	C	74, 103
		Flavonols	Kaempferol	2.95	9	0.63	0.64	4.58	B	18, 74, 75, 81, 103
			Myricetin	0.00	5		0.00	0.00	C	74, 103
		Quercetin	0.10	7	0.07	0.00	0.50	B	18, 74, 75, 103	
99112	Lemon balm, leaves, raw (<i>Melissa officinalis</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
		Flavones	Apigenin	0.00	1		0.00	0.00	C	80
			Luteolin	0.00	1		0.00	0.00	C	80

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	0.00	1		0.00	0.00	C	80
			Quercetin	0.00	1		0.00	0.00	C	80
09153	Lemon juice, canned or bottled	Flavanones	Eriodictyol	10.56	40	0.57	3.77	19.01	B	63, 107
			Hesperetin	13.43	41	0.95	0.70	20.63	B	12, 63, 107
			Naringenin	0.00	1		0.00	0.00	C	12
		Flavones	Luteolin	1.83	18	0.34	0.70	3.02	B	107
		Flavonols	Quercetin	0.00	1		0.00	0.00	C	12
09152	Lemon juice, raw	Flavan-3-ols	(+)-Catechin	0.00	1		0.00	0.00	C	1
		Flavanones	Eriodictyol	4.88	31	0.19	0.00	14.70	B	14, 63, 114
			Hesperetin	14.47	32	4.83	1.90	142.24	B	1, 14, 63, 114
			Naringenin	1.38	28	0.72	0.00	18.22	B	1, 14, 114
		Flavones	Apigenin	0.00	10		0.00	0.00	C	14, 73
			Luteolin	0.00	1		0.00	0.00	C	73
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	1, 73
			Myricetin	0.03	2	0.03	0.00	0.05	C	1, 73
			Quercetin	0.37	10	0.21	0.00	1.81	B	1, 14, 73
09150	Lemons, raw, without peel (<i>Citrus limon</i>)	Flavanones	Eriodictyol	21.36	2	3.76	17.60	25.13	C	110, 182
			Hesperetin	27.90	3	10.80	17.00	49.51	C	81, 110, 182
			Naringenin	0.55	2	0.05	0.50	0.60	C	81, 110
		Flavones	Apigenin	0.00	1		0.00	0.00	C	102
			Luteolin	1.90	2	0.40	1.50	2.31	C	102, 110
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	102
			Myricetin	0.00	1		0.00	0.00	C	102
			Quercetin	1.52	3	1.02	0.00	3.47	C	102, 110, 182
16069	Lentils, raw (<i>Lens culinaris</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.35	3		0.35	0.35	C	36
			(+)-Gallocatechin	0.14	3		0.14	0.14	C	36
11250	Lettuce, butterhead (includes boston and bibb types), raw (<i>Lactuca sativa var. capitata</i>)	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	68		
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	68		
			(+)-Catechin	0.00	3		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68		
			Naringenin	0.00	4		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68		
			Luteolin	0.00	4		0.00	0.00	B	68		
		Flavonols	Kaempferol	0.02	3	0.01	0.00	0.04	C	18		
			Myricetin	0.00	8		0.00	0.00	A	68		
Quercetin	2.73		15	0.94	0.00	14.56	B	18, 68, 117				
11251	Lettuce, cos or romaine, raw (<i>Lactuca sativa</i> var. <i>logifolia</i>)	Anthocyanidins	Cyanidin	0.00	11		0.00	0.00	A	44, 68		
			Delphinidin	0.00	8		0.00	0.00	A	68		
			Malvidin	0.00	8		0.00	0.00	A	68		
			Pelargonidin	0.00	8		0.00	0.00	A	68		
			Peonidin	0.00	8		0.00	0.00	A	68		
			Petunidin	0.00	8		0.00	0.00	A	68		
		Flavan-3-ols	(-)-Epicatechin	0.00	6		0.00	0.00	A	68		
			(-)-Epicatechin 3-gallate	0.00	6		0.00	0.00	A	68		
			(-)-Epigallocatechin	0.00	6		0.00	0.00	A	68		
			(-)-Epigallocatechin 3-gallate	0.00	6		0.00	0.00	A	68		
			(+)-Catechin	0.00	6		0.00	0.00	A	68		
			(+)-Gallocatechin	0.00	6		0.00	0.00	A	68		
		Flavanones	Hesperetin	0.00	6		0.00	0.00	A	68		
			Naringenin	0.00	6		0.00	0.00	A	68		
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68		
			Luteolin	0.06	7	0.01	0.00	0.13	B	44, 68		
		Flavonols	Myricetin	0.00	8		0.00	0.00	A	68		
			Quercetin	4.49	11	0.84	1.04	8.78	A	44, 68		
		11253	Lettuce, green leaf, raw (<i>Lactuca sativa</i> var. <i>crispa</i>)	Anthocyanidins	Cyanidin	0.29	27	0.08	0.00	2.65	B	6, 44, 68
					Delphinidin	0.00	8		0.00	0.00	A	68
Malvidin	0.00				8		0.00	0.00	A	68		
Pelargonidin	0.00				8		0.00	0.00	A	68		
Peonidin	0.00				8		0.00	0.00	A	68		
Petunidin	0.00				8		0.00	0.00	A	68		
Flavan-3-ols	(-)-Epicatechin			0.00	2		0.00	0.00	B	68		
	(-)-Epicatechin 3-gallate			0.00	2		0.00	0.00	B	68		
	(-)-Epigallocatechin			0.00	2		0.00	0.00	B	68		
	(-)-Epigallocatechin			0.00	2		0.00	0.00	B	68		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
			(-)-Epigallocatechin 3-gallate	0.00	2		0.00	0.00	B	68		
			(+)-Catechin	0.00	2		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	2		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	2		0.00	0.00	B	68		
			Naringenin	0.00	2		0.00	0.00	B	68		
		Flavones	Apigenin	0.16	14	0.16	0.00	2.30	B	6, 10, 30, 68		
			Luteolin	0.50	25	0.04	0.00	2.33	B	6, 10, 30, 44, 68		
		Flavonols	Kaempferol	0.02	10	0.02	0.00	0.20	B	6, 10, 18, 30		
			Myricetin	0.09	10	0.09	0.00	0.90	B	10, 30, 68		
Quercetin	5.63		39	0.64	0.04	20.60	B	6, 10, 18, 30, 44, 68, 117				
11252	Lettuce, iceberg (includes crisphead types), raw (<i>Lactuca sativa</i> var. <i>capitata</i>)	Anthocyanidins	Cyanidin	0.00	11		0.00	0.00	A	44, 68		
			Delphinidin	0.00	8		0.00	0.00	A	68		
			Malvidin	0.00	8		0.00	0.00	A	68		
			Pelargonidin	0.00	8		0.00	0.00	A	68		
			Peonidin	0.00	8		0.00	0.00	A	68		
			Petunidin	0.00	8		0.00	0.00	A	68		
		Flavan-3-ols	(-)-Epicatechin	0.00	8		0.00	0.00	A	8, 68		
			(-)-Epicatechin 3-gallate	0.00	8		0.00	0.00	A	8, 68		
			(-)-Epigallocatechin	0.00	8		0.00	0.00	A	8, 68		
			(-)-Epigallocatechin 3-gallate	0.00	8		0.00	0.00	A	8, 68		
			(+)-Catechin	0.00	7		0.00	0.00	B	8, 68		
			(+)-Gallocatechin	0.00	8		0.00	0.00	A	8, 68		
		Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68		
			Naringenin	0.00	4		0.00	0.00	B	68		
		Flavones	Apigenin	0.13	21	0.13	0.00	2.65	B	48, 68, 74, 103		
			Luteolin	0.03	20	0.02	0.00	0.39	B	44, 48, 68, 74, 103		
		Flavonols	Kaempferol	0.15	19	0.03	0.00	0.84	B	18, 48, 74, 103		
			Myricetin	0.06	21	0.05	0.00	1.02	B	48, 68, 74, 103		
			Quercetin	1.42	37	0.18	0.00	9.40	B	18, 34, 44, 48, 68, 74, 75, 103		
		11257	Lettuce, red leaf, raw (<i>Lactuca sativa</i> var. <i>crispa</i>)	Anthocyanidins	Cyanidin	2.77	20	1.32	0.00	20.80	B	6, 44, 68, 190
					Delphinidin	0.00	8		0.00	0.00	A	68
Malvidin	0.00				8		0.00	0.00	A	68		
Pelargonidin	0.00				8		0.00	0.00	A	68		
Peonidin	0.00				8		0.00	0.00	A	68		
Petunidin	0.00				8		0.00	0.00	A	68		
Flavan-3-ols	(-)-Epicatechin			0.00	5		0.00	0.00	B	68		
	(-)-Epicatechin 3-gallate			0.00	5		0.00	0.00	B	68		
	(-)-Epigallocatechin			0.00	5		0.00	0.00	B	68		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(-)-Epigallocatechin 3-gallate	0.00	5		0.00	0.00	B	68
			(+)-Catechin	0.00	5		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68
			Naringenin	0.00	5		0.00	0.00	B	68
		Flavones	Apigenin	0.00	10		0.00	0.00	B	6, 68
			Luteolin	1.58	9	0.95	0.00	8.80	B	6, 44, 68
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	6
Myricetin	0.00		8		0.00	0.00	A	68		
Quercetin	11.99		14	3.36	2.01	44.90	B	6, 44, 68, 117		
99104	Licorice root (<i>Glycyrrhiza glabra L</i>)	Flavonols	Quercetin	0.00	1		0.00	0.00	D	70
09160	Lime juice, raw	Flavanones	Eriodictyol	2.19	20	0.41	0.00	3.52	C	14, 114
			Hesperetin	8.97	20	0.06	5.18	21.37	C	14, 114
			Naringenin	0.38	23	0.20	0.00	4.62	B	14, 114, 197
		Flavones	Apigenin	0.00	6		0.00	0.00	C	14
		Flavonols	Quercetin	0.51	6	0.33	0.00	1.78	C	14
09159	Limes, raw (<i>Citrus latifolia</i>)	Flavanones	Hesperetin	43.00	1		43.00	43.00	C	81
			Naringenin	3.40	1		3.40	3.40	C	81
		Flavonols	Quercetin	0.40	1		0.40	0.40	C	81
99021	Lingonberries (cowberries), raw (<i>Vaccinium vitis-idaea</i>)	Anthocyanidins	Cyanidin	44.21	1		44.21	44.21	C	83
		Flavonols	Kaempferol	0.17	3	0.17	0.00	0.50	C	67, 81
			Myricetin	0.00	2		0.00	0.00	C	67
			Quercetin	12.97	11	1.99	7.36	21.00	B	65, 67, 81, 110
99067	Lingonberry juice	Flavonols	Quercetin	1.02	2	0.08	0.93	1.10	C	65
99404	Locust bean powder	Flavonols	Kaempferol	0.53	1		0.53	0.53	C	125
			Myricetin	0.00	1		0.00	0.00	C	125
			Quercetin	3.33	1		3.33	3.33	C	125
99111	Lovage, leaves, raw (<i>Levisticum</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
		Flavones	Apigenin	0.00	1		0.00	0.00	C	80
			Luteolin	0.00	1		0.00	0.00	C	80
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	7.00	1		7.00	7.00	C	80
Quercetin	170.00	1		170.00	170.00	C	80			
20100	Macaroni, cooked, enriched	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
09176	Mangos, raw (<i>Mangifera indica</i>)	Anthocyanidins	(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
			Cyanidin	0.10	1		0.10	0.10	C	48
			Delphinidin	0.02	1		0.02	0.02	C	48
			Pelargonidin	0.02	1		0.02	0.02	C	48
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	1.72	4		1.72	1.72	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
			Flavones	Apigenin	0.01	2		0.01	0.01	C
		Luteolin		0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
Myricetin	0.03		2		0.03	0.03	C	48		
Quercetin	0.00		2		0.00	0.00	C	48		
99022	Marrowfat pea, canned, drained solids	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	5.64	1		5.64	5.64	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8
			(+)-Gallocatechin	4.33	1		4.33	4.33	C	8
97005	Medlar (<i>Mespilus germanica</i>)	Flavan-3-ols	(-)-Epicatechin	0.53	3		0.53	0.53	C	36
			(-)-Epicatechin 3-gallate	0.23	3		0.23	0.23	C	36
			(-)-Epigallocatechin	0.01	3		0.01	0.01	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.02	3		0.02	0.02	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
09181	Melons, cantaloupe, raw (<i>Cucumis melo</i>)	Anthocyanidins	Cyanidin	0.00	3		0.00	0.00	B	68
			Delphinidin	0.00	3		0.00	0.00	B	68
			Malvidin	0.00	3		0.00	0.00	B	68
			Pelargonidin	0.00	3		0.00	0.00	B	68
			Peonidin	0.00	3		0.00	0.00	B	68
			Petunidin	0.00	3		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	10		0.00	0.00	A	68, 177
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(+)-Catechin	0.00	10		0.00	0.00	A	68, 177
(+)-Gallocatechin	0.00	7		0.00	0.00	A	68			

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
		Flavanones	Hesperetin	0.00	7		0.00	0.00	A	68		
			Naringenin	0.00	7		0.00	0.00	A	68		
		Flavones	Apigenin	0.00	5		0.00	0.00	B	68, 102, 152		
			Luteolin	0.64	4	0.64	0.00	2.58	B	68, 102, 152		
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	102, 152		
			Myricetin	0.00	5		0.00	0.00	B	68, 102, 152		
09184	Melons, honeydew, raw (<i>Cucumis melo</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	B	68		
			Delphinidin	0.00	2		0.00	0.00	B	68		
			Malvidin	0.00	2		0.00	0.00	B	68		
			Pelargonidin	0.00	2		0.00	0.00	B	68		
			Peonidin	0.00	2		0.00	0.00	B	68		
			Petunidin	0.00	2		0.00	0.00	B	68		
		Flavan-3-ols	(-)-Epicatechin	0.01	5	0.01	0.00	0.03	B	68		
			(-)-Epicatechin 3-gallate	0.00	5		0.00	0.00	B	68		
			(-)-Epigallocatechin	0.04	5	0.04	0.00	0.22	B	68		
			(-)-Epigallocatechin 3-gallate	0.00	5		0.00	0.00	B	68		
			(+)-Catechin	0.00	5		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68		
			Naringenin	0.00	5		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	2		0.00	0.00	B	68		
			Luteolin	0.00	1		0.00	0.00	B	68		
		Flavonols	Myricetin	0.00	2		0.00	0.00	B	68		
			Quercetin	0.00	2		0.00	0.00	B	68		
		01103	Milk, chocolate, fluid, commercial, reduced fat	Flavan-3-ols	(-)-Epicatechin	0.26	2	0.21	0.06	0.47	B	9
					(-)-Epicatechin 3-gallate	0.00	2		0.00	0.00	B	9
(-)-Epigallocatechin	0.00				2		0.00	0.00	B	9		
(-)-Epigallocatechin 3-gallate	0.00				2		0.00	0.00	B	9		
(+)-Catechin	0.82				2	0.71	0.11	1.53	B	9		
(+)-Gallocatechin	0.00				2		0.00	0.00	B	9		
Flavones	Apigenin			0.00	1		0.00	0.00	C	73		
	Luteolin			0.00	1		0.00	0.00	C	73		
Flavonols	Kaempferol			0.00	1		0.00	0.00	C	73		
	Myricetin			0.05	1		0.05	0.05	C	73		
	Quercetin			0.12	1		0.12	0.12	C	73		
99374	Mizuna (Japanese mustard) (<i>Brassica rapa</i> <i>subsp. nipposinica</i>)			Flavonols	Isorhamnetin	0.24	6	0.06	0.00	0.48	C	151
					Kaempferol	0.95	6	0.25	0.00	1.91	C	151
		Quercetin	2.01		6	0.52	0.00	4.02	C	151		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
09190	Mulberries, raw (<i>Morus nigra</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	C	102
		Flavones	Luteolin	0.00	1		0.00	0.00	C	102
			Kaempferol	0.00	1		0.00	0.00	C	102
			Quercetin	2.47	1		2.47	2.47	C	102
11264	Mushrooms, canned, drained solids	Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
11260	Mushrooms, raw (<i>Agaricus bisporus</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
		Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	0.00	4		0.00	0.00	B	74
		99373	Nalta jute, raw (<i>Corchorus olitorius</i>)	Flavonols	Kaempferol	3.42	6	1.22	2.43	4.40
Quercetin	24.88				6	8.14	9.24	40.53	C	151
09191	Nectarines, raw (<i>Prunus persica</i> var. <i>nucipersica</i>)	Anthocyanidins	Cyanidin	1.81	45	0.08	0.00	4.85	B	68, 172, 190
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	2.54	41	0.28	0.00	5.88	B	8, 68, 172
			(-)-Epicatechin 3-gallate	0.00	11		0.00	0.00	A	8, 68
			(-)-Epigallocatechin	0.00	11		0.00	0.00	A	8, 68
			(-)-Epigallocatechin 3-gallate	0.00	11		0.00	0.00	A	8, 68
			(+)-Catechin	2.98	41	0.28	0.14	9.39	B	8, 68, 172
			(+)-Gallocatechin	0.00	12		0.00	0.00	A	8, 68
		Flavanones	Hesperetin	0.00	7		0.00	0.00	A	68
			Naringenin	0.00	7		0.00	0.00	A	68
Flavones	Apigenin	0.00	8		0.00	0.00	A	68		
	Luteolin	0.00	4		0.00	0.00	B	68		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
97049	Nectarines, white, whole, raw (<i>Prunus persica</i> var. <i>nucipersica</i>)	Flavonols	Myricetin	0.00	8		0.00	0.00	A	68
			Quercetin	0.69	38	0.05	0.00	2.08	B	68, 172
		Anthocyanidins	Cyanidin	0.74	30	0.10	0.29	1.44	B	172
			Flavan-3-ols	(-)-Epicatechin	3.06	30	0.45	1.75	5.39	B
				(+)-Catechin	7.58	30	0.82	0.12	24.29	B
	Flavonols	Quercetin	0.37	30	0.05	0.10	0.66	B	172	
12061	Nuts, almonds (<i>Prunus dulcis</i>)	Anthocyanidins	Cyanidin	2.46	8	0.58	0.00	4.40	A	68
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.60	12	0.10	0.00	1.27	B	68, 112
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	68
			(-)-Epigallocatechin	2.59	3	0.31	1.97	2.98	B	68
			(-)-Epigallocatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(+)-Catechin	1.28	12	0.33	0.00	3.86	B	68, 112
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	68
		Flavanones	Eriodictyol	0.25	8	0.06	0.03	0.57	B	112
			Hesperetin	0.00	4		0.00	0.00	B	68
			Naringenin	0.13	12	0.03	0.00	0.34	B	68, 112
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68
			Luteolin	0.00	4		0.00	0.00	B	68
		Flavonols	Isorhamnetin	7.05	8	1.03	1.20	10.32	B	112
			Kaempferol	0.52	8	0.05	0.35	0.71	C	112
			Myricetin	0.00	8		0.00	0.00	A	68
Quercetin	0.36		16	0.11	0.00	1.09	B	68, 112		
12078	Nuts, brazilnuts, dried, unblanched (<i>Bertholletia excelsa</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	B	68
			Delphinidin	0.00	2		0.00	0.00	B	68
			Malvidin	0.00	2		0.00	0.00	B	68
			Pelargonidin	0.00	2		0.00	0.00	B	68
			Peonidin	0.00	2		0.00	0.00	B	68
			Petunidin	0.00	2		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	2		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	2		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(+)-Catechin	0.00	2		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	2		0.00	0.00	B	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavanones	Hesperetin	0.00	2		0.00	0.00	B	68
			Naringenin	0.00	2		0.00	0.00	B	68
		Flavones	Apigenin	0.00	2		0.00	0.00	B	68
			Luteolin	0.00	1		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	2		0.00	0.00	B	68
			Quercetin	0.00	2		0.00	0.00	B	68
12086	Nuts, cashew nuts, oil roasted, without salt added	Anthocyanidins	Cyanidin	0.00	7		0.00	0.00	A	68
			Delphinidin	0.00	7		0.00	0.00	A	68
			Malvidin	0.00	7		0.00	0.00	A	68
			Pelargonidin	0.00	7		0.00	0.00	A	68
			Peonidin	0.00	7		0.00	0.00	A	68
			Petunidin	0.00	7		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.93	6	0.22	0.00	1.44	A	68
			(-)-Epicatechin 3-gallate	0.15	6	0.10	0.00	0.59	A	68
			(-)-Epigallocatechin	0.00	6		0.00	0.00	A	68
			(-)-Epigallocatechin 3-gallate	0.00	6		0.00	0.00	A	68
			(+)-Catechin	0.90	6	0.28	0.00	1.79	A	68
			(+)-Gallocatechin	0.00	6		0.00	0.00	A	68
		Flavanones	Hesperetin	0.00	6		0.00	0.00	A	68
			Naringenin	0.00	6		0.00	0.00	A	68
		Flavones	Apigenin	0.00	7		0.00	0.00	A	68
			Luteolin	0.00	3		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	7		0.00	0.00	A	68
Quercetin	0.00		7		0.00	0.00	A	68		
12098	Nuts, chestnuts, European, raw, peeled (<i>Castanea sativa</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.01	3		0.01	0.01	C	36
			(+)-Gallocatechin	0.01	3		0.01	0.01	C	36
12120	Nuts, hazelnuts or filberts (<i>Corylus spp.</i>)	Anthocyanidins	Cyanidin	6.71	7	1.18	4.40	13.60	A	68
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.22	5	0.09	0.00	0.44	B	68
			(-)-Epicatechin 3-gallate	0.00	5		0.00	0.00	B	68
			(-)-Epigallocatechin	2.78	5	1.21	0.00	5.54	B	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(-)-Epigallocatechin 3-gallate	1.06	5	0.46	0.00	2.26	B	68
			(+)-Catechin	1.19	5	0.49	0.00	2.09	B	68
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68
			Naringenin	0.00	5		0.00	0.00	B	68
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68
			Luteolin	0.00	4		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	8		0.00	0.00	A	68
Quercetin	0.00		8		0.00	0.00	A	68		
12131	Nuts, macadamia nuts, raw (<i>Macadamia integrifolia</i> , <i>M. tetraphylla</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	B	68
			Delphinidin	0.00	2		0.00	0.00	B	68
			Malvidin	0.00	2		0.00	0.00	B	68
			Pelargonidin	0.00	2		0.00	0.00	B	68
			Peonidin	0.00	2		0.00	0.00	B	68
			Petunidin	0.00	2		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	2		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	2		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(+)-Catechin	0.00	2		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	2		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	2		0.00	0.00	B	68
			Naringenin	0.00	2		0.00	0.00	B	68
		Flavones	Apigenin	0.00	2		0.00	0.00	B	68
			Luteolin	0.00	1		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	2		0.00	0.00	B	68
			Quercetin	0.00	2		0.00	0.00	B	68
12142	Nuts, pecans (<i>Carya illinoensis</i>)	Anthocyanidins	Cyanidin	10.74	7	1.50	6.21	17.40	A	68
			Delphinidin	7.28	7	0.92	3.99	9.90	A	68
			Malvidin	0.00	7		0.00	0.00	A	68
			Pelargonidin	0.00	7		0.00	0.00	A	68
			Peonidin	0.00	7		0.00	0.00	A	68
			Petunidin	0.00	7		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.82	7	0.08	0.48	1.17	A	68
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin	5.63	7	1.47	0.00	13.20	A	68
			(-)-Epigallocatechin 3-gallate	2.30	7	0.46	0.00	3.46	A	68
			(+)-Catechin	7.24	7	0.51	4.89	9.17	A	68

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
		Flavanones	(+)-Gallocatechin	0.00	7		0.00	0.00	A	68		
			Hesperetin	0.00	7		0.00	0.00	A	68		
			Naringenin	0.00	7		0.00	0.00	A	68		
		Flavones	Apigenin	0.00	7		0.00	0.00	A	68		
			Luteolin	0.00	3		0.00	0.00	B	68		
		Flavonols	Myricetin	0.00	7		0.00	0.00	A	68		
12149	Nuts, pine nuts, pinyon, dried (<i>Pinus edulis</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	B	68		
			Delphinidin	0.00	2		0.00	0.00	B	68		
			Malvidin	0.00	2		0.00	0.00	B	68		
			Pelargonidin	0.00	2		0.00	0.00	B	68		
			Peonidin	0.00	2		0.00	0.00	B	68		
			Petunidin	0.00	2		0.00	0.00	B	68		
		Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	B	68		
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	B	68		
			(-)-Epigallocatechin	0.49	3	0.25	0.00	0.75	B	68		
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	B	68		
			(+)-Catechin	0.00	3		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	3		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	3		0.00	0.00	B	68		
			Naringenin	0.00	3		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	2		0.00	0.00	B	68		
			Luteolin	0.00	1		0.00	0.00	B	68		
		Flavonols	Myricetin	0.00	2		0.00	0.00	B	68		
			Quercetin	0.00	2		0.00	0.00	B	68		
		12151	Nuts, pistachio nuts, raw (<i>Pistacia vera</i>)	Anthocyanidins	Cyanidin	6.06	15	0.79	3.15	14.30	B	68, 190
					Delphinidin	0.00	8		0.00	0.00	A	68
Malvidin	0.00				8		0.00	0.00	A	68		
Pelargonidin	0.00				8		0.00	0.00	A	68		
Peonidin	0.00				8		0.00	0.00	A	68		
Petunidin	0.00				8		0.00	0.00	A	68		
Flavan-3-ols	(-)-Epicatechin			0.83	7	0.46	0.00	3.15	A	68		
	(-)-Epicatechin 3-gallate			0.00	7		0.00	0.00	A	68		
	(-)-Epigallocatechin			2.05	7	0.82	0.00	5.65	A	68		
	(-)-Epigallocatechin 3-gallate			0.40	7	0.40	0.00	2.83	A	68		
	(+)-Catechin			3.57	7	1.00	0.00	6.39	A	68		
	(+)-Gallocatechin			0.00	7		0.00	0.00	A	68		
Flavanones	Hesperetin			0.00	7		0.00	0.00	A	68		
	Naringenin			0.00	7		0.00	0.00	A	68		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68
			Luteolin	0.00	4		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	8		0.00	0.00	A	68
			Quercetin	1.46	8	0.64	0.00	4.30	A	68
99409	Nuts, walnuts (not specified as to type, purchased in Hungary) (<i>Juglans spp.</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	C	102
			Luteolin	0.00	1		0.00	0.00	C	102
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	102
			Quercetin	0.00	1		0.00	0.00	C	102
12155	Nuts, walnuts, english (<i>Juglans regia</i>)	Anthocyanidins	Cyanidin	2.71	6	0.25	2.11	3.74	A	68
			Delphinidin	0.00	6		0.00	0.00	A	68
			Malvidin	0.00	6		0.00	0.00	A	68
			Pelargonidin	0.00	6		0.00	0.00	A	68
			Peonidin	0.00	6		0.00	0.00	A	68
			Petunidin	0.00	6		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	68
			(+)-Catechin	0.00	4		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68
			Naringenin	0.00	4		0.00	0.00	B	68
		Flavones	Apigenin	0.00	6		0.00	0.00	A	68
			Luteolin	0.00	2		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	6		0.00	0.00	A	68
			Quercetin	0.00	6		0.00	0.00	A	68
11278	Okra, raw (<i>Abelmoschus esculentus</i>)	Flavonols	Quercetin	24.26	9	6.88	19.63	33.22	B	151
99401	Olive leaves, raw (<i>Olea europaea</i>)	Flavones	Apigenin	2.84	1		2.84	2.84	D	162
			Luteolin	27.70	1		27.70	27.70	D	162
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	162
			Myricetin	1.43	1		1.43	1.43	D	162
			Quercetin	6.24	1		6.24	6.24	D	162
09193	Olives, ripe, canned (small-extra large) (<i>Olea europaea</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	0.00	4		0.00	0.00	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
99383	Onion, spring, red, leaves (<i>Allium cepa</i> or <i>Allium fistulosum</i>)	Flavonols	Kaempferol	4.10	1		4.10	4.10	D	119		
			Quercetin	12.60	1		12.60	12.60	D	119		
11283	Onions, cooked, boiled, drained, without salt	Flavonols	Kaempferol	0.34	28	0.06	0.29	0.41	C	45		
			Quercetin	24.36	32	3.93	19.87	31.00	B	45, 106		
11282	Onions, raw (<i>Allium cepa</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	7		0.00	0.00	B	8, 36		
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36		
			(-)-Epigallocatechin	0.00	7		0.00	0.00	B	8, 36		
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36		
			(+)-Catechin	0.00	7		0.00	0.00	B	8, 36		
			(+)-Gallocatechin	0.00	7		0.00	0.00	B	8, 36		
		Flavones	Apigenin	0.01	18	0.00	0.00	0.01	B	48, 74, 103, 152		
			Luteolin	0.01	18	0.00	0.00	0.02	B	48, 74, 103, 152		
		Flavonols	Isorhamnetin	5.01	43	0.69	1.26	7.16	C	109, 179		
			Kaempferol	0.62	24	0.11	0.00	1.00	B	19, 45, 48, 74, 75, 103, 152		
			Myricetin	0.02	18	0.00	0.00	0.03	B	48, 74, 103, 152		
			Quercetin	21.42	408	0.55	1.50	118.70	B	19, 45, 48, 74, 75, 81, 99, 103, 106, 109, 110, 126, 127, 133, 152, 179, 192		
99055	Onions, red, raw (<i>Allium cepa</i>)	Anthocyanidins	Cyanidin	6.16	13	1.38	1.23	23.99	B	6, 47, 48, 56, 190		
			Delphinidin	2.28	7	0.79	0.10	3.15	C	48, 56		
			Pelargonidin	0.02	2		0.02	0.02	C	48		
			Peonidin	1.22	1		1.22	1.22	C	190		
		Flavones	Apigenin	0.35	6	0.35	0.00	2.10	B	6, 10, 48, 103		
			Luteolin	0.19	6	0.18	0.00	1.10	B	6, 10, 48, 103		
		Flavonols	Isorhamnetin	4.25	40	0.26	0.00	22.60	B	47, 109, 179		
			Kaempferol	1.10	7	0.65	0.00	4.50	B	6, 10, 19, 48, 103		
			Myricetin	2.70	4	0.61	0.00	3.80	C	10, 48, 103		
			Quercetin	33.43	124	2.38	0.00	191.70	B	6, 10, 19, 34, 47, 48, 56, 81, 99, 103, 109, 110, 127, 132, 133, 179, 192		
		11291	Onions, spring or scallions (includes tops and bulb), raw (<i>Allium cepa</i> or <i>Allium fistulosum</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	D	103
					Luteolin	0.00	1		0.00	0.00	D	103
Flavonols	Kaempferol			1.16	4	0.76	0.00	3.45	C	81, 103, 119		
	Quercetin			18.33	4	1.78	6.71	30.60	C	81, 103, 119		
11294	Onions, sweet, raw (<i>Allium cepa</i>)	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68		
			Delphinidin	0.00	8		0.00	0.00	A	68		
			Malvidin	0.00	8		0.00	0.00	A	68		
			Pelargonidin	0.00	8		0.00	0.00	A	68		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	5		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	5		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	5		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.08	5	0.08	0.00	0.41	B	68
			(+)-Catechin	0.00	5		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68
			Flavanones	Hesperetin	0.00	5		0.00	0.00	B
		Naringenin		0.00	5		0.00	0.00	B	68
		Flavones	Apigenin	0.00	11	0.00	0.00	0.01	A	48, 68, 152
			Luteolin	0.01	7	0.00	0.00	0.02	B	48, 68, 152
		Flavonols	Kaempferol	1.03	11	0.22	0.00	1.98	B	19, 48, 152, 159
			Myricetin	1.07	16	0.41	0.00	4.13	B	48, 68, 152, 159
Quercetin	14.80		29	0.67	0.97	46.32	B	19, 48, 68, 127, 152, 159		
11293	Onions, welsh, raw (<i>Allium fistulosum</i>)	Flavonols	Kaempferol	24.95	6	9.09	22.62	27.28	C	151
99056	Onions, white, raw (<i>Allium cepa</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	C	6
		Flavones	Apigenin	0.00	3		0.00	0.00	C	6, 152
			Luteolin	0.00	3		0.00	0.00	C	6, 152
		Flavonols	Isorhamnetin	0.00	3		0.00	0.00	C	179
			Kaempferol	0.00	3		0.00	0.00	C	6, 152
			Myricetin	0.00	1		0.00	0.00	C	152
Quercetin	7.29	82	1.27	0.00	63.40	B	6, 33, 34, 127, 132, 152, 179			
11292	Onions, young green, tops only (<i>Allium cepa</i>)	Flavones	Apigenin	0.01	3		0.01	0.01	C	48
			Luteolin	0.02	3		0.02	0.02	C	48
		Flavonols	Kaempferol	2.40	3		2.40	2.40	C	48
			Myricetin	0.03	3		0.03	0.03	C	48
			Quercetin	0.01	3		0.01	0.01	C	48
09209	Orange juice, chilled, includes from concentrate	Flavanones	Hesperetin	5.52	10	0.90	2.50	9.62	B	12, 51, 153
			Naringenin	1.55	10	0.39	0.11	3.50	B	12, 51, 153
		Flavonols	Quercetin	0.61	3	0.06	0.50	0.68	C	12
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	Flavanones	Hesperetin	26.21	14	1.43	15.35	32.59	A	24, 121, 136
			Naringenin	3.27	14	0.14	2.56	4.38	A	24, 121, 136
99366	Orange juice, pigmented	Anthocyanidins	Cyanidin	3.03	3	1.61	0.77	6.14	C	135
		Flavanones	Hesperetin	9.16	3	0.60	8.24	10.30	C	135

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
09206	Orange juice, raw	Flavanones	Naringenin	0.74	3	0.06	0.63	0.82	C	135		
			Eriodictyol	0.17	127	0.02	0.00	1.88	B	14, 26, 108, 114		
			Hesperetin	11.26	194	0.42	2.46	39.20	B	12, 14, 26, 37, 51, 81, 108, 114, 135, 136, 153, 154		
			Naringenin	2.19	194	0.10	0.00	6.37	B	12, 14, 26, 37, 51, 81, 108, 114, 135, 136, 153, 154		
		Flavones	Apigenin	0.00	20		0.00	0.00	C	14, 73		
			Luteolin	0.00	2		0.00	0.00	C	73		
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	73		
			Myricetin	0.05	2		0.05	0.05	C	73		
			Quercetin	0.27	24	0.12	0.00	2.20	B	12, 14, 26, 73		
		09200	Oranges, raw, all commercial varieties (<i>Citrus sinensis</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8
(-)-Epicatechin 3-gallate	0.00				4		0.00	0.00	B	8		
(-)-Epigallocatechin	0.00				4		0.00	0.00	B	8		
(-)-Epigallocatechin 3-gallate	0.00				4		0.00	0.00	B	8		
(+)-Catechin	0.00				4		0.00	0.00	B	8		
(+)-Gallocatechin	0.00				4		0.00	0.00	B	8		
Flavanones	Hesperetin			27.25	22	4.33	11.74	47.09	B	6, 37, 48, 81, 110, 151		
	Naringenin			15.32	22	1.76	3.65	45.42	B	6, 37, 48, 81, 110, 151		
Flavones	Apigenin			0.01	4	0.00	0.00	0.01	C	48, 102		
	Luteolin			1.13	4	0.48	0.00	1.50	C	48, 102		
Flavonols	Kaempferol			0.01	4	0.00	0.00	0.01	C	48, 102		
	Myricetin			0.02	4	0.01	0.00	0.03	C	48, 102		
	Quercetin			0.58	6	0.09	0.00	0.90	B	6, 48, 102		
09202	Oranges, raw, navels (<i>Citrus sinensis</i>)			Anthocyanidins	Cyanidin	0.00	3		0.00	0.00	B	69
					Delphinidin	0.00	3		0.00	0.00	B	69
					Malvidin	0.00	3		0.00	0.00	B	69
		Pelargonidin	0.00		3		0.00	0.00	B	69		
		Peonidin	0.00		3		0.00	0.00	B	69		
		Petunidin	0.00		3		0.00	0.00	B	69		
		Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	B	69		
			(-)-Epigallocatechin	0.00	3		0.00	0.00	B	69		
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	B	69		
			(+)-Catechin	0.00	3		0.00	0.00	B	69		
			(+)-Gallocatechin	0.00	3		0.00	0.00	B	69		
		Flavanones	Hesperetin	21.87	6	6.52	7.76	30.69	B	48, 69		
			Naringenin	7.10	6	2.22	2.25	11.40	B	48, 69		
		Flavones	Apigenin	0.00	6	0.00	0.00	0.01	B	48, 69		
			Luteolin	0.70	6	0.18	0.00	1.40	B	48, 69		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Kaempferol	0.01	3		0.01	0.01	C	48
			Myricetin	0.01	6	0.00	0.00	0.03	B	48, 69
			Quercetin	0.20	6	0.05	0.00	0.40	B	48, 69
99115	Oregano, fresh (<i>Origanum vulgare</i>)	Flavanones	Hesperetin	0.00	2		0.00	0.00	C	80
		Flavones	Apigenin	2.57	3	0.72	1.70	4.00	C	80, 162
			Luteolin	1.00	3	1.00	0.00	3.00	C	80, 162
		Flavonols	Isorhamnetin	0.00	2		0.00	0.00	C	80
			Kaempferol	0.00	3		0.00	0.00	C	80, 162
			Myricetin	2.10	1		2.10	2.10	D	162
		Quercetin	7.30	3	7.30	0.00	21.90	C	80, 162	
99380	Oregano, Mexican, raw (<i>Lippia graveolens</i>)	Flavanones	Naringenin	0.00	1		0.00	0.00	D	199
		Flavones	Apigenin	0.00	1		0.00	0.00	D	199
			Luteolin	25.10	1		25.10	25.10	D	199
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	199
			Quercetin	0.00	1		0.00	0.00	D	199
09226	Papayas, raw (<i>Carica papaya</i>)	Flavones	Apigenin	0.01	4		0.01	0.01	C	48
		Flavones	Luteolin	0.02	4		0.02	0.02	C	48
			Kaempferol	0.01	4		0.01	0.01	C	48
			Myricetin	0.03	4		0.03	0.03	C	48
			Quercetin	0.00	4		0.00	0.00	C	48
11297	Parsley, raw (<i>Petroselinum crispum</i>)	Flavanones	Hesperetin	0.00	2		0.00	0.00	C	80
		Flavones	Apigenin	225.93	11	42.12	0.00	630.00	B	80, 81, 103, 151
			Luteolin	1.24	5	0.69	0.00	4.00	C	80, 81, 103
		Flavonols	Isorhamnetin	0.00	2		0.00	0.00	C	80
			Kaempferol	1.49	11	0.33	0.00	2.50	B	80, 81, 103, 151
			Myricetin	8.08	1		8.08	8.08	D	103
			Quercetin	0.33	3	0.33	0.00	1.00	C	80, 103
11298	Parsnips, raw (<i>Pastinaca sativa</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	D	103
			Luteolin	0.00	1		0.00	0.00	D	103
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	103
			Myricetin	0.00	1		0.00	0.00	D	103
			Quercetin	0.99	1		0.99	0.99	D	103
09370	Peaches, canned, heavy syrup, drained	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	1.87	1		1.87	1.87	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
		Flavones	Apigenin	0.00	4		0.00	0.00	B	74

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean [†]	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Luteolin	0.00	4		0.00	0.00	B	74
			Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	0.00	4		0.00	0.00	B	74
09236	Peaches, raw (<i>Prunus persica</i>)	Anthocyanidins	Cyanidin	1.61	45	0.04	0.00	4.30	B	68, 172, 190
			Delphinidin	0.00	7		0.00	0.00	B	68
			Malvidin	0.00	7		0.00	0.00	A	68
			Pelargonidin	0.00	7		0.00	0.00	A	68
			Peonidin	0.00	7		0.00	0.00	A	68
			Petunidin	0.00	7		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	2.34	49	0.21	0.00	6.92	B	8, 36, 68, 172, 177
			(-)-Epicatechin 3-gallate	0.00	14	0.00	0.00	0.01	A	8, 36, 68
			(-)-Epigallocatechin	1.04	14	0.32	0.00	3.34	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.30	14	0.16	0.00	2.01	A	8, 36, 68
			(+)-Catechin	4.92	49	0.51	0.53	10.12	B	8, 36, 68, 172, 177
			(+)-Gallocatechin	0.00	14		0.00	0.00	A	8, 36, 68
		Flavanones	Hesperetin	0.00	7		0.00	0.00	A	68
			Naringenin	0.00	7		0.00	0.00	A	68
		Flavones	Apigenin	0.00	9		0.00	0.00	B	68, 74, 102
			Luteolin	0.00	6		0.00	0.00	B	68, 74, 102
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	74, 102
			Myricetin	0.00	9		0.00	0.00	B	68, 74, 102
Quercetin	0.68		39	0.08	0.00	1.23	B	68, 74, 102, 172		
97054	Peaches, white, whole, raw (<i>Prunus persica</i>)	Anthocyanidins	Cyanidin	0.97	30	0.14	0.42	1.81	B	172
		Flavan-3-ols	(-)-Epicatechin	4.09	30	0.61	2.26	6.19	B	172
			(+)-Catechin	12.25	30	1.74	4.62	20.82	B	172
		Flavonols	Quercetin	0.45	30	0.07	0.10	0.71	B	172
16089	Peanuts, all types, oil-roasted, with salt	Anthocyanidins	Cyanidin	0.00	1		0.00	0.00	B	68
			Delphinidin	0.00	1		0.00	0.00	B	68
			Malvidin	0.00	1		0.00	0.00	B	68
			Pelargonidin	0.00	1		0.00	0.00	B	68
			Peonidin	0.00	1		0.00	0.00	B	68
			Petunidin	0.00	1		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	B	68
			(-)-Epigallocatechin	0.66	1		0.66	0.66	B	68
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	B	68
		(+)-Catechin	0.00	1		0.00	0.00	B	68	

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavanones	(+)-Gallocatechin	0.00	1		0.00	0.00	B	68
			Hesperetin	0.00	1		0.00	0.00	B	68
			Naringenin	0.00	1		0.00	0.00	B	68
		Flavones	Apigenin	0.00	1		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	1		0.00	0.00	B	68
			Quercetin	0.00	1		0.00	0.00	B	68
99029	Pears without skin, raw (<i>Pyrus communis</i>)	Flavan-3-ols	(-)-Epicatechin	1.74	12	0.43	0.82	2.96	B	8
			(-)-Epicatechin 3-gallate	0.00	12		0.00	0.00	B	8
			(-)-Epigallocatechin	0.00	12		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	12		0.00	0.00	B	8
			(+)-Catechin	0.14	12	0.03	0.01	0.36	B	8
			(+)-Gallocatechin	0.00	12		0.00	0.00	B	8
09376	Pears, canned, juice pack, drained	Flavan-3-ols	(-)-Epicatechin	0.26	1		0.26	0.26	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.18	1		0.18	0.18	C	8
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
09252	Pears, raw (<i>Pyrus communis</i>)	Anthocyanidins	Cyanidin	12.18	8	2.46	0.00	20.60	A	68
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	3.76	50	0.32	0.10	17.74	B	2, 8, 36, 68, 156, 177
			(-)-Epicatechin 3-gallate	0.02	28	0.02	0.00	0.50	A	8, 36, 68
			(-)-Epigallocatechin	0.59	28	0.25	0.00	5.07	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.17	28	0.12	0.00	2.52	A	8, 36, 68
			(+)-Catechin	0.27	47	0.04	0.00	2.32	B	2, 8, 36, 68, 177
			(+)-Gallocatechin	0.00	28		0.00	0.00	A	8, 36, 68
		Flavanones	Hesperetin	0.00	6		0.00	0.00	A	68
			Naringenin	0.00	6		0.00	0.00	A	68
		Flavones	Apigenin	0.00	12		0.00	0.00	A	68, 74, 102
			Luteolin	0.00	8		0.00	0.00	B	68, 74, 102
		Flavonols	Isorhamnetin	0.30	3	0.16	0.06	0.60	D	156
			Kaempferol	0.00	4		0.00	0.00	B	74, 102
Myricetin	0.00		12		0.00	0.00	A	68, 74, 102		
Quercetin	4.51		15	1.76	0.00	20.50	B	68, 74, 102, 156		
99080	Pears, without skin,	Flavan-3-ols	(-)-Epicatechin	2.12	4		2.12	2.12	B	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data	
	cooked		(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8	
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8	
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8	
			(+)-Catechin	0.33	4		0.33	0.33	B	8	
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8	
11300	Peas, edible-podded, raw (<i>Pisum sativum</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8	
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8	
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8	
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8	
			(+)-Catechin	0.00	4		0.00	0.00	B	8	
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8	
11308	Peas, green, canned, regular pack, drained solids	Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	8	
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	8	
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8	
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8	
			(+)-Catechin	0.00	4		0.00	0.00	B	8	
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8	
		Flavones	Apigenin	0.00	4		0.00	0.00	B	74	
			Luteolin	0.00	4		0.00	0.00	B	74	
			Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
				Myricetin	0.00	4		0.00	0.00	B	74
	Quercetin	0.11	4		0.11	0.11	B	74			
11313	Peas, green, frozen, cooked, boiled, drained, without salt	Anthocyanidins	Cyanidin	0.03	2		0.03	0.03	C	48	
			Delphinidin	0.03	2		0.03	0.03	C	48	
			Pelargonidin	0.02	2		0.02	0.02	C	48	
			Apigenin	0.01	2		0.01	0.01	C	48	
		Flavones	Luteolin	0.40	2		0.40	0.40	C	48	
		Flavonols	Kaempferol	0.07	6	0.02	0.00	0.20	C	45, 48	
			Myricetin	0.03	2		0.03	0.03	C	48	
			Quercetin	0.12	6	0.01	0.09	0.16	C	45, 48	
11312	Peas, green, frozen, unprepared	Flavonols	Kaempferol	0.00	1		0.00	0.00	C	45	
			Quercetin	0.15	1		0.15	0.15	C	45	
11304	Peas, green, raw (<i>Pisum sativum</i>)	Flavan-3-ols	(-)-Epicatechin	0.01	3		0.01	0.01	C	36	
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36	
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36	
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36	
			(+)-Catechin	0.01	3		0.01	0.01	C	36	
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36	

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean [†]	N	Standard Error	Min	Max	CC	Sources of Data
		Flavones	Apigenin	0.00	1		0.00	0.00	C	74
			Luteolin	0.00	1		0.00	0.00	C	74
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	74
			Myricetin	0.00	1		0.00	0.00	C	74
			Quercetin	14.27	4	6.14	0.00	19.03	B	74, 151
02064	Peppermint, fresh (<i>Mentha x piperita</i> <i>nothossp. piperita</i>)	Flavanones	Eriodictyol	30.92	14	3.71	12.27	54.53	C	7
			Hesperetin	9.52	16	1.47	0.00	21.94	C	7, 80
		Flavones	Apigenin	8.71	16	6.11	0.24	99.00	C	7, 80
			Luteolin	11.33	16	2.14	4.31	42.00	C	7, 80
		Flavonols	Isorhamnetin	0.00	2		0.00	0.00	C	80
			Kaempferol	0.00	2		0.00	0.00	C	80
Quercetin	0.00		2		0.00	0.00	C	80		
99041	Peppers, ancho (<i>Capsicum annuum</i>)	Flavones	Luteolin	3.36	1		3.36	3.36	D	97
			Quercetin	27.60	1		27.60	27.60	D	97
99088	Peppers, Californian (purchased in Hungary) (<i>Capsicum annuum</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	D	103
			Luteolin	1.13	1		1.13	1.13	D	103
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	103
			Myricetin	0.00	1		0.00	0.00	D	103
99384	Peppers, cascabella, raw (<i>Capsicum annuum</i>)	Flavones	Luteolin	0.60	1		0.60	0.60	C	76
			Quercetin	2.40	1		2.40	2.40	C	76
99369	Peppers, cayenne, raw (<i>Capsicum annuum</i>)	Flavones	Luteolin	1.73	1		1.73	1.73	C	76
			Quercetin	2.48	1		2.48	2.48	C	76
99370	Peppers, habanero, raw (<i>Capsicum chinense</i>)	Flavones	Luteolin	0.07	2	0.02	0.04	0.09	C	76
		Flavonols	Quercetin	0.30	2	0.16	0.14	0.46	C	76
11670	Peppers, hot chili, green, raw (<i>Capsicum frutescens</i>)	Flavones	Apigenin	1.40	1		1.40	1.40	C	10
			Luteolin	3.87	3	1.24	1.40	5.15	C	10, 97
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	10
			Myricetin	1.20	1		1.20	1.20	C	10
99042	Peppers, hot, yellow wax, raw (<i>Capsicum annuum</i>)	Flavones	Luteolin	6.93	3	1.93	3.68	10.35	D	97
		Flavonols	Quercetin	50.63	3	14.61	28.83	78.38	D	97
11979	Peppers, jalapeno, raw (<i>Capsicum annuum</i>)	Flavones	Luteolin	1.34	5	0.64	0.00	3.75	C	97
		Flavonols	Quercetin	5.07	5	2.64	0.00	15.12	C	97
99372	Peppers, long yellow, raw (<i>Capsicum annuum</i>)	Flavones	Luteolin	1.68	1		1.68	1.68	C	76
		Flavonols	Quercetin	6.45	1		6.45	6.45	C	76
99356	Peppers, pimento (<i>Capsicum annuum</i>)	Flavones	Luteolin	10.36	6	3.75	8.58	12.13	C	151

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
11977	Peppers, serrano, raw (<i>Capsicum annuum</i>)	Flavones	Luteolin	4.14	1		4.14	4.14	D	97
		Flavonols	Quercetin	15.98	1		15.98	15.98	D	97
11333	Peppers, sweet, green, raw (<i>Capsicum annuum</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	C	6
		Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.00	3		0.00	0.00	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
		Flavones	Apigenin	0.00	4		0.00	0.00	C	6, 103, 152
			Luteolin	4.98	12	0.87	0.50	12.87	B	6, 81, 103, 151, 152
		Flavonols	Kaempferol	0.00	4		0.00	0.00	C	6, 103, 152
Myricetin	0.00		2		0.00	0.00	C	103, 152		
Quercetin	2.40		15	0.40	0.50	4.23	B	6, 81, 103, 151, 152		
11821	Peppers, sweet, red, raw (<i>Capsicum annuum</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	C	6
		Flavan-3-ols	(-)-Epicatechin	0.00	7		0.00	0.00	B	8, 36
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36
			(-)-Epigallocatechin	0.00	7		0.00	0.00	B	8, 36
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	8, 36
			(+)-Catechin	0.00	7		0.00	0.00	B	8, 36
			(+)-Gallocatechin	0.00	7		0.00	0.00	B	8, 36
		Flavones	Apigenin	0.00	6		0.00	0.00	B	6, 74
			Luteolin	0.61	10	0.14	0.10	1.10	B	6, 74, 81
		Flavonols	Kaempferol	0.00	6		0.00	0.00	B	6, 74
Myricetin	0.00		4		0.00	0.00	B	74		
Quercetin	0.25		6	0.20	0.00	1.20	B	6, 74		
11951	Peppers, sweet, yellow, raw (<i>Capsicum annuum</i>)	Anthocyanidins	Cyanidin	0.00	2		0.00	0.00	C	6
		Flavones	Apigenin	0.00	2		0.00	0.00	C	6
			Luteolin	1.02	3	0.06	0.90	1.10	C	6, 76
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	6
			Quercetin	1.35	3	0.35	0.80	2.00	C	6, 76
99371	Peppers, tabasco, raw (<i>Capsicum frutescens</i>)	Flavones	Luteolin	3.57	1		3.57	3.57	C	76
		Flavonols	Quercetin	0.09	1		0.09	0.09	C	76
99105	Perilla leaves, raw (<i>Perilla frutescens</i>)	Flavones	Apigenin	0.07	1		0.07	0.07	D	30
			Luteolin	0.32	1		0.32	0.32	D	30
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	30
			Myricetin	0.43	1		0.43	0.43	D	30
			Quercetin	0.53	1		0.53	0.53	D	30
97088	Persimmons, raw	Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	<i>(Diospyros)</i>		(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.63	3		0.63	0.63	C	36
			(+)-Gallocatechin	0.17	3		0.17	0.17	C	36
09266	Pineapple, raw, all varieties (<i>Ananus comosus</i>)	Anthocyanidins	Cyanidin	0.00	1		0.00	0.00	B	68
			Delphinidin	0.00	1		0.00	0.00	B	68
			Malvidin	0.00	1		0.00	0.00	B	68
			Pelargonidin	0.00	1		0.00	0.00	B	68
			Peonidin	0.00	1		0.00	0.00	B	68
			Petunidin	0.00	1		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	8		0.00	0.00	B	8, 36, 68
			(-)-Epicatechin 3-gallate	0.00	8		0.00	0.00	B	8, 36, 68
			(-)-Epigallocatechin	0.00	8		0.00	0.00	B	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.00	8		0.00	0.00	B	8, 36, 68
			(+)-Catechin	0.00	8		0.00	0.00	B	8, 36, 68
			(+)-Gallocatechin	0.00	8		0.00	0.00	B	8, 36, 68
		Flavanones	Hesperetin	0.00	1		0.00	0.00	B	68
			Naringenin	0.00	1		0.00	0.00	B	68
Flavones	Apigenin	0.00	2	0.00	0.00	0.01	B	48, 68		
	Luteolin	0.01	2	0.01	0.00	0.02	B	48, 68		
Flavonols	Kaempferol	0.01	1		0.01	0.01	C	48		
	Myricetin	0.01	2	0.02	0.00	0.03	B	48, 68		
	Quercetin	0.00	2		0.00	0.00	B	48, 68		
09430	Pineapple, raw, extra sweet variety (<i>Ananus comosus</i>)	Anthocyanidins	Cyanidin	0.00	3		0.00	0.00	B	68
			Delphinidin	0.00	3		0.00	0.00	B	68
			Malvidin	0.00	3		0.00	0.00	B	68
			Pelargonidin	0.00	3		0.00	0.00	B	68
			Peonidin	0.00	3		0.00	0.00	B	68
			Petunidin	0.00	3		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	5		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	5		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	5		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	5		0.00	0.00	B	68
			(+)-Catechin	0.00	5		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68
Naringenin	0.00	5		0.00	0.00	B	68			

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavones	Apigenin	0.00	3		0.00	0.00	B	68
			Luteolin	0.00	2		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	3		0.00	0.00	B	68
			Quercetin	0.00	3		0.00	0.00	B	68
97043	Plum, red, whole, raw (<i>Prunus spp.</i>)	Anthocyanidins	Cyanidin	4.73	30	0.61	0.62	13.93	B	31, 48, 172
			Delphinidin	0.02	2		0.02	0.02	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
			Peonidin	2.21	4		2.21	2.21	C	31
		Flavones	Apigenin	0.01	3	0.00	0.00	0.01	C	48, 102
			Luteolin	0.01	3	0.00	0.00	0.02	C	48, 102
		Flavonols	Kaempferol	0.01	3	0.00	0.00	0.01	C	48, 102
			Myricetin	0.02	3	0.01	0.00	0.03	C	48, 102
Quercetin	1.85		31	0.21	0.00	7.04	B	31, 48, 102, 172		
97046	Plum, yellow, whole, raw (<i>Prunus spp.</i>)	Anthocyanidins	Cyanidin	0.00	14		0.00	0.00	B	31, 172
			Peonidin	0.00	8		0.00	0.00	C	31
		Flavonols	Kaempferol	0.10	12	0.02	0.06	0.17	B	100
			Myricetin	0.10	12	0.02	0.07	0.11	B	100
			Quercetin	2.21	26	0.34	0.50	4.28	B	31, 100, 172
97077	Plums, black diamond, with peel, raw (<i>Prunus spp.</i>)	Anthocyanidins	Cyanidin	39.68	6	13.24	6.40	84.35	B	48, 68, 190
			Delphinidin	0.01	4	0.00	0.00	0.02	B	48, 68
			Malvidin	0.00	2		0.00	0.00	B	68
			Pelargonidin	0.01	4	0.00	0.00	0.02	B	48, 68
			Peonidin	0.00	2		0.00	0.00	B	68
			Petunidin	0.00	2		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	2.44	2	2.44	0.00	4.88	B	68
			(-)-Epicatechin 3-gallate	0.00	2		0.00	0.00	B	68
			(-)-Epigallocatechin	13.06	2	7.34	5.72	20.40	B	68
			(-)-Epigallocatechin 3-gallate	0.48	2	0.48	0.00	0.97	B	68
			(+)-Catechin	17.55	2	11.45	6.10	29.00	B	68
			(+)-Gallocatechin	0.00	2		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	2		0.00	0.00	B	68
			Naringenin	0.00	2		0.00	0.00	B	68
		Flavones	Apigenin	0.00	4	0.00	0.00	0.01	B	48, 68
			Luteolin	0.60	3	0.21	0.00	0.90	B	48, 68
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.01	4	0.00	0.00	0.03	B	48, 68
Quercetin	12.45		4	6.18	1.80	25.10	B	48, 68		
09291	Plums, dried (prunes), uncooked	Anthocyanidins	Cyanidin	0.71	9	0.27	0.00	2.40	B	48, 68
			Delphinidin	0.04	9	0.02	0.00	0.20	B	48, 68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data	
			Malvidin	0.00	7		0.00	0.00	A	68	
			Pelargonidin	0.00	9	0.00	0.00	0.02	B	48, 68	
			Peonidin	0.00	7		0.00	0.00	A	68	
			Petunidin	0.00	7		0.00	0.00	A	68	
		Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	B	68	
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	B	68	
			(-)-Epigallocatechin	0.00	3		0.00	0.00	B	68	
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	B	68	
			(+)-Catechin	0.00	3		0.00	0.00	B	68	
			(+)-Gallocatechin	0.00	3		0.00	0.00	B	68	
			Flavanones	Hesperetin	0.00	3		0.00	0.00	B	68
				Naringenin	0.00	3		0.00	0.00	B	68
		Flavones	Apigenin	0.00	9	0.00	0.00	0.01	B	48, 68	
			Luteolin	0.01	6	0.00	0.00	0.02	B	48, 68	
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48	
			Myricetin	0.01	9	0.00	0.00	0.03	B	48, 68	
Quercetin	1.80		9	0.60	0.00	4.00	B	48, 68			
99395	Plums, Greengage, raw (<i>Prunus spp.</i>)	Flavones	Apigenin	0.00	2		0.00	0.00	C	102	
			Luteolin	0.00	2		0.00	0.00	C	102	
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	102	
			Myricetin	0.00	2		0.00	0.00	C	102	
99367	Plums, purple, raw (<i>Prunus spp.</i>)	Anthocyanidins	Cyanidin	17.93	32	2.68	6.73	35.51	C	31	
			Peonidin	5.21	32	0.77	1.56	11.52	C	31	
		Flavonols	Quercetin	2.19	32	0.33	0.69	4.18	C	31	
			Quercetin	0.00	2		0.00	0.00	C	102	
09279	Plums, raw (<i>Prunus spp.</i>)	Anthocyanidins	Cyanidin	12.02	16	2.04	6.11	40.43	B	68, 190	
			Delphinidin	0.00	8		0.00	0.00	A	68	
			Malvidin	0.00	8		0.00	0.00	A	68	
			Pelargonidin	0.00	8		0.00	0.00	A	68	
			Peonidin	0.00	8		0.00	0.00	A	68	
			Petunidin	0.00	8		0.00	0.00	A	68	
		Flavan-3-ols	(-)-Epicatechin	3.20	20	0.49	0.00	10.38	A	8, 36, 68, 177	
			(-)-Epicatechin 3-gallate	0.76	15	0.43	0.00	4.98	A	8, 36, 68	
			(-)-Epigallocatechin	0.24	15	0.10	0.00	1.19	A	8, 36, 68	
			(-)-Epigallocatechin 3-gallate	0.40	14	0.21	0.00	2.47	A	8, 36, 68	
			(+)-Catechin	2.89	20	0.44	0.00	5.82	A	8, 36, 68, 177	
			(+)-Gallocatechin	0.09	15	0.09	0.00	1.35	A	8, 36, 68	
		Flavanones	Hesperetin	0.00	8		0.00	0.00	A	68	
Naringenin	0.00		8		0.00	0.00	A	68			

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
		Flavones	Apigenin	0.00	10		0.00	0.00	A	68, 74, 102		
			Luteolin	0.00	6		0.00	0.00	B	68, 74, 102		
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	74, 102		
			Myricetin	0.00	10		0.00	0.00	A	68, 74, 102		
			Quercetin	3.45	11	0.68	0.70	7.35	A	68, 74, 81, 102		
09286	Pomegranates, raw (<i>Punica granatum</i>)	Flavan-3-ols	(-)-Epicatechin	0.08	3		0.08	0.08	C	36		
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36		
			(-)-Epigallocatechin	0.16	3		0.16	0.16	C	36		
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36		
			(+)-Catechin	0.40	3		0.40	0.40	C	36		
			(+)-Gallocatechin	0.17	3		0.17	0.17	C	36		
		Flavones	Apigenin	0.00	1		0.00	0.00	C	102		
			Luteolin	0.00	1		0.00	0.00	C	102		
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	102		
			Myricetin	0.00	1		0.00	0.00	C	102		
			Quercetin	0.00	1		0.00	0.00	C	102		
		11352	Potato, flesh and skin, raw (<i>Solanum tuberosum</i>)	Anthocyanidins	Cyanidin	0.00	18		0.00	0.00	A	68
					Delphinidin	0.00	18		0.00	0.00	A	68
Malvidin	0.00				18		0.00	0.00	A	68		
Pelargonidin	0.00				18		0.00	0.00	A	68		
Peonidin	0.00				18		0.00	0.00	A	68		
Petunidin	0.00				18		0.00	0.00	A	68		
Flavan-3-ols	(-)-Epicatechin			0.00	22		0.00	0.00	A	8, 68		
	(-)-Epicatechin 3-gallate			0.00	22		0.00	0.00	A	8, 68		
	(-)-Epigallocatechin			0.00	22		0.00	0.00	A	8, 68		
	(-)-Epigallocatechin 3-gallate			0.00	22		0.00	0.00	A	8, 68		
	(+)-Catechin			0.00	22		0.00	0.00	A	8, 68		
	(+)-Gallocatechin			0.00	22		0.00	0.00	A	8, 68		
Flavanones	Naringenin			0.00	18		0.00	0.00	A	68		
Flavones	Apigenin			0.00	19		0.00	0.00	B	30, 68		
	Luteolin			0.00	11		0.00	0.00	B	30, 68		
Flavonols	Kaempferol			0.03	2	0.03	0.00	0.05	C	30, 137		
	Myricetin			0.00	19		0.00	0.00	B	30, 68		
	Quercetin			0.84	20	0.23	0.00	3.41	B	30, 68, 137		
11358	Potatoes, red, flesh and skin, baked			Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68
					Delphinidin	0.00	8		0.00	0.00	A	68
		Malvidin	0.00		8		0.00	0.00	A	68		
		Pelargonidin	0.00		8		0.00	0.00	A	68		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavan-3-ols	Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
			(-)-Epicatechin	0.00	7		0.00	0.00	A	68
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(+)-Catechin	0.00	7		0.00	0.00	A	68
			(+)-Gallocatechin	0.00	7		0.00	0.00	A	68
		Flavanones	Hesperetin	0.00	7		0.00	0.00	A	68
			Naringenin	0.00	7		0.00	0.00	A	68
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68
			Luteolin	0.00	4		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	8		0.00	0.00	A	68
			Quercetin	1.43	8	0.22	0.00	1.90	A	68
11355	Potatoes, red, flesh and skin, raw (<i>Solanum tuberosum</i>)	Anthocyanidins	Cyanidin	0.00	6		0.00	0.00	B	68
			Delphinidin	0.00	6		0.00	0.00	B	68
			Malvidin	0.00	6		0.00	0.00	B	68
			Pelargonidin	0.00	6		0.00	0.00	B	68
			Peonidin	0.00	6		0.00	0.00	B	68
			Petunidin	0.00	6		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	4		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	4		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	68
			(+)-Catechin	0.00	4		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	4		0.00	0.00	B	68
			Naringenin	0.00	4		0.00	0.00	B	68
		Flavones	Apigenin	0.00	6		0.00	0.00	B	68
			Luteolin	0.00	4		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	6		0.00	0.00	B	68
			Quercetin	0.65	6	0.21	0.00	1.13	B	68
11356	Potatoes, Russet, flesh and skin, baked	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	6		0.00	0.00	A	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(-)-Epicatechin 3-gallate	0.00	6		0.00	0.00	A	68
			(-)-Epigallocatechin	0.00	6		0.00	0.00	A	68
			(-)-Epigallocatechin 3-gallate	0.00	6		0.00	0.00	A	68
			(+)-Catechin	0.00	6		0.00	0.00	A	68
			(+)-Gallocatechin	0.00	6		0.00	0.00	A	68
		Flavanones	Hesperetin	0.00	6		0.00	0.00	A	68
			Naringenin	0.00	6		0.00	0.00	A	68
		Flavones	Apigenin	0.00	8		0.00	0.00	A	68
			Luteolin	0.00	4		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	8		0.00	0.00	A	68
			Quercetin	0.73	8	0.22	0.00	1.60	A	68
11353	Potatoes, russet, flesh and skin, raw (<i>Solanum tuberosum</i>)	Anthocyanidins	Cyanidin	0.00	6		0.00	0.00	B	68
			Delphinidin	0.00	6		0.00	0.00	B	68
			Malvidin	0.00	6		0.00	0.00	B	68
			Pelargonidin	0.00	6		0.00	0.00	B	68
			Peonidin	0.00	6		0.00	0.00	B	68
			Petunidin	0.00	6		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	8		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	8		0.00	0.00	B	68
			(-)-Epigallocatechin	0.00	8		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	8		0.00	0.00	B	68
			(+)-Catechin	0.00	8		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	8		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	8		0.00	0.00	B	68
			Naringenin	0.00	8		0.00	0.00	B	68
		Flavones	Apigenin	0.00	6		0.00	0.00	B	68
			Luteolin	0.00	2		0.00	0.00	B	68
		Flavonols	Myricetin	0.00	6		0.00	0.00	B	68
Quercetin	1.65		6	0.62	0.00	3.41	B	68		
11357	Potatoes, white, flesh and skin, baked	Anthocyanidins	Cyanidin	0.00	6		0.00	0.00	A	68
			Delphinidin	0.00	6		0.00	0.00	A	68
			Malvidin	0.00	6		0.00	0.00	A	68
			Pelargonidin	0.00	6		0.00	0.00	A	68
			Peonidin	0.00	6		0.00	0.00	A	68
			Petunidin	0.00	6		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	6		0.00	0.00	A	68
			(-)-Epicatechin 3-gallate	0.00	6		0.00	0.00	A	68
			(-)-Epigallocatechin	0.00	6		0.00	0.00	A	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
			(-)-Epigallocatechin 3-gallate	0.00	6		0.00	0.00	A	68		
			(+)-Catechin	0.00	6		0.00	0.00	A	68		
			(+)-Gallocatechin	0.00	6		0.00	0.00	A	68		
		Flavanones	Hesperetin	0.00	6		0.00	0.00	A	68		
			Naringenin	0.00	6		0.00	0.00	A	68		
		Flavones	Apigenin	0.00	6		0.00	0.00	A	68		
			Luteolin	0.00	3		0.00	0.00	B	68		
		Flavonols	Myricetin	0.00	6		0.00	0.00	A	68		
Quercetin	1.19		6	0.44	0.00	2.60	A	68				
11354	Potatoes, white, flesh and skin, raw (<i>Solanum tuberosum</i>)	Anthocyanidins	Cyanidin	0.00	6		0.00	0.00	B	68		
			Delphinidin	0.00	6		0.00	0.00	B	68		
			Malvidin	0.00	6		0.00	0.00	B	68		
			Pelargonidin	0.00	6		0.00	0.00	B	68		
			Peonidin	0.00	6		0.00	0.00	B	68		
			Petunidin	0.00	6		0.00	0.00	B	68		
		Flavan-3-ols	(-)-Epicatechin	0.00	6		0.00	0.00	B	68		
			(-)-Epicatechin 3-gallate	0.00	6		0.00	0.00	B	68		
			(-)-Epigallocatechin	0.00	6		0.00	0.00	B	68		
			(-)-Epigallocatechin 3-gallate	0.00	6		0.00	0.00	B	68		
			(+)-Catechin	0.00	6		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	6		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	6		0.00	0.00	B	68		
			Naringenin	0.00	6		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	6		0.00	0.00	B	68		
			Luteolin	0.00	4		0.00	0.00	B	68		
		Flavonols	Myricetin	0.00	6		0.00	0.00	B	68		
			Quercetin	0.49	6	0.19	0.00	1.04	B	68		
		09287	Prickly pears, raw (<i>Opuntia spp.</i>)	Flavonols	Isorhamnetin	0.65	4	0.59	0.00	2.41	C	90
					Kaempferol	0.18	4	0.08	0.00	0.38	C	90
Quercetin	4.86				4	1.66	0.98	9.05	C	90		
99311	Pummelo juice, raw	Flavanones	Eriodictyol	2.86	12	1.90	0.00	23.33	C	14, 118		
			Hesperetin	1.79	12	0.86	0.00	9.36	C	14, 118		
			Naringenin	25.31	13	9.51	1.94	132.86	C	14, 118, 197		
		Flavones	Apigenin	0.65	12	0.31	0.00	2.80	C	14, 118		
			Luteolin	0.00	1		0.00	0.00	C	118		
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	118		
Quercetin	0.00		12		0.00	0.00	C	14, 118				
09295	Pummelo, raw (<i>Citrus grandis</i>)	Flavanones	Hesperetin	8.40	2		8.40	8.40	C	48		
			Naringenin	24.72	2		24.72	24.72	C	48		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
11422	Pumpkin, raw (<i>Cucurbita spp.</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	C	102
			Luteolin	1.63	1		1.63	1.63	C	102
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	102
			Myricetin	0.00	1		0.00	0.00	C	102
			Quercetin	0.00	1		0.00	0.00	C	102
11427	Purslane, raw (<i>Portulaca oleracea</i>)	Flavones	Apigenin	0.00	2		0.00	0.00	C	74
			Luteolin	0.00	2		0.00	0.00	C	74
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	74
			Myricetin	0.00	2		0.00	0.00	C	74
			Quercetin	0.00	2		0.00	0.00	C	74
99032	Queen Anne's Lace, leaves, raw (<i>Daucus carota subsp. Carota</i>)	Flavones	Apigenin	12.60	1		12.60	12.60	B	175
			Luteolin	34.10	1		34.10	34.10	B	175
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	B	175
			Kaempferol	0.20	1		0.20	0.20	B	175
			Myricetin	0.40	1		0.40	0.40	B	175
			Quercetin	1.10	1		1.10	1.10	B	175
09296	Quinces, raw (<i>Cydonia oblonga</i>)	Flavan-3-ols	(-)-Epicatechin	0.67	3		0.67	0.67	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.75	3		0.75	0.75	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
		Flavones	Apigenin	0.00	1		0.00	0.00	C	102
			Luteolin	0.00	1		0.00	0.00	C	102
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	102
			Myricetin	0.00	1		0.00	0.00	C	102
			Quercetin	0.00	1		0.00	0.00	C	102
99386	Radish leaves, raw (<i>Raphanus sativus</i>)	Flavonols	Kaempferol	7.72	3		7.72	7.72	C	151
			Quercetin	70.37	3		70.37	70.37	C	151
11676	Radish seeds, sprouted, raw (<i>Raphanus sativus</i>)	Flavonols	Kaempferol	21.85	9	6.00	13.76	35.18	B	151
11429	Radishes, raw (<i>Raphanus sativus</i>)	Anthocyanidins	Cyanidin	0.00	7		0.00	0.00	A	68
			Delphinidin	0.00	7		0.00	0.00	A	68
			Malvidin	0.00	7		0.00	0.00	A	68
			Pelargonidin	25.66	15	1.95	7.40	34.80	B	68, 190
			Peonidin	0.00	7		0.00	0.00	A	68
			Petunidin	0.00	7		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	B	68
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	B	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(-)-Epigallocatechin	0.00	3		0.00	0.00	B	68
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	B	68
			(+)-Catechin	0.00	3		0.00	0.00	B	68
			(+)-Gallocatechin	0.00	3		0.00	0.00	B	68
		Flavanones	Hesperetin	0.00	3		0.00	0.00	B	68
			Naringenin	0.00	3		0.00	0.00	B	68
		Flavones	Apigenin	0.00	13		0.00	0.00	A	68, 74, 103
			Luteolin	0.00	9		0.00	0.00	B	68, 74, 103
		Flavonols	Kaempferol	0.86	7	0.15	0.40	2.11	B	18, 74, 103
			Myricetin	0.00	13		0.00	0.00	A	68, 74, 103
Quercetin	0.00		14		0.00	0.00	B	18, 68, 74, 103		
09298	Raisins, seedless (<i>Vitis vinifera</i>)	Anthocyanidins	Cyanidin	0.03	7	0.01	0.00	0.10	B	48, 68
			Delphinidin	0.01	7	0.00	0.00	0.02	B	48, 68
			Malvidin	0.00	5		0.00	0.00	B	68
			Pelargonidin	0.01	7	0.00	0.00	0.02	B	48, 68
			Peonidin	0.00	5		0.00	0.00	B	68
			Petunidin	0.00	5		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.10	7	0.10	0.00	0.71	B	8, 68
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	B	8, 68
			(-)-Epigallocatechin	0.00	7		0.00	0.00	B	8, 68
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	8, 68
			(+)-Catechin	0.42	7	0.42	0.00	2.97	B	8, 68
			(+)-Gallocatechin	0.00	7		0.00	0.00	B	8, 68
		Flavanones	Hesperetin	0.00	6		0.00	0.00	B	68
			Naringenin	0.00	6		0.00	0.00	A	68
		Flavones	Apigenin	0.00	7	0.00	0.00	0.01	B	48, 68
			Luteolin	0.01	4	0.00	0.00	0.02	B	48, 68
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.01	7	0.00	0.00	0.03	B	48, 68
			Quercetin	0.25	7	0.24	0.00	1.70	B	48, 68
		99411	Raspberries, black (<i>Rubus spp.</i>)	Anthocyanidins	Cyanidin	323.47	1		323.47	323.47
Peonidin	0.55				1		0.55	0.55	C	190
09302	Raspberries, raw (<i>Rubus spp.</i>)	Anthocyanidins	Cyanidin	35.84	23	2.67	20.73	71.11	B	3, 68, 116, 190
			Delphinidin	0.29	14	0.13	0.00	2.01	B	3, 68
			Malvidin	0.70	14	0.17	0.00	2.75	B	3, 68
			Pelargonidin	1.85	23	0.38	0.00	8.23	B	3, 68, 116, 190
			Peonidin	0.00	6		0.00	0.00	A	68
			Petunidin	0.00	6		0.00	0.00	A	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavan-3-ols	(-)-Epicatechin	4.07	15	0.83	0.00	8.26	A	8, 36, 68, 177
			(-)-Epicatechin 3-gallate	0.00	10		0.00	0.00	B	8, 36, 68
			(-)-Epigallocatechin	0.46	10	0.02	0.00	1.11	B	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.54	10	0.54	0.00	5.35	B	8, 36, 68
			(+)-Catechin	1.56	15	0.48	0.00	7.33	A	8, 36, 68, 177
			(+)-Gallocatechin	0.00	10	0.00	0.00	0.01	B	8, 36, 68
		Flavanones	Hesperetin	0.00	3		0.00	0.00	B	68
			Naringenin	0.00	3		0.00	0.00	B	68
		Flavones	Apigenin	0.00	7		0.00	0.00	B	68, 102
			Luteolin	0.00	3		0.00	0.00	B	68, 102
		Flavonols	Kaempferol	0.09	9	0.07	0.00	0.66	B	67, 102, 116, 198
			Myricetin	0.00	9		0.00	0.00	B	67, 68
Quercetin	1.23		21	0.23	0.00	4.58	B	65, 67, 68, 81, 102, 116, 198		
99327	Raspberries, red, frozen	Anthocyanidins	Cyanidin	22.60	1		22.60	22.60	C	48
			Delphinidin	0.02	1		0.02	0.02	C	48
			Pelargonidin	1.60	1		1.60	1.60	C	48
		Flavones	Apigenin	0.01	1		0.01	0.01	C	48
			Luteolin	0.02	1		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	1		0.01	0.01	C	48
			Myricetin	0.03	1		0.03	0.03	C	48
Quercetin	1.10		1		1.10	1.10	C	48		
99052	Rhubarb stalks, cooked	Flavan-3-ols	(-)-Epicatechin	0.38	4		0.38	0.38	B	8
			(-)-Epicatechin 3-gallate	0.49	4		0.49	0.49	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	1.48	4		1.48	1.48	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
09307	Rhubarb, raw (<i>Rheum rhabarbarum</i>)	Flavan-3-ols	(-)-Epicatechin	0.51	4		0.51	0.51	B	8
			(-)-Epicatechin 3-gallate	0.60	4		0.60	0.60	B	8
			(-)-Epigallocatechin	0.00	4		0.00	0.00	B	8
			(-)-Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	8
			(+)-Catechin	2.17	4		2.17	2.17	B	8
			(+)-Gallocatechin	0.00	4		0.00	0.00	B	8
20045	Rice, white, long-grain, regular, cooked	Flavan-3-ols	(-)-Epicatechin	0.00	1		0.00	0.00	C	8
			(-)-Epicatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin	0.00	1		0.00	0.00	C	8
			(-)-Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	8
			(+)-Catechin	0.00	1		0.00	0.00	C	8

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(+)-Gallocatechin	0.00	1		0.00	0.00	C	8
02063	Rosemary, fresh (<i>Rosmarinus officinalis</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
			Naringenin	24.86	1		24.86	24.86	D	199
			Flavones	Apigenin	0.55	2	0.55	0.00	1.10	C
			Luteolin	2.00	2	2.00	0.00	4.00	C	80, 199
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	0.00	2		0.00	0.00	C	80, 199
Quercetin	0.00		2		0.00	0.00	C	80, 199		
99335	Rowanberries, raw (<i>Sorbus</i>)	Flavonols	Kaempferol	0.00	2		0.00	0.00	C	67
			Myricetin	0.00	2		0.00	0.00	C	67
			Quercetin	7.40	2	1.10	6.30	8.50	C	67
11435	Rutabagas, raw (<i>Brassica napus</i> (<i>Napobrassica</i> Group))	Flavones	Apigenin	3.85	4	3.85	0.00	15.40	C	74, 103
			Luteolin	0.00	4		0.00	0.00	C	74, 103
		Flavonols	Kaempferol	0.57	4	0.57	0.00	2.27	C	74, 103
			Myricetin	2.13	4	2.14	0.00	8.54	C	74, 103
	Quercetin	0.08	4	0.08	0.00	0.32	C	74, 103		
99116	Sage, fresh (<i>Salvia</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
			Naringenin	0.00	1		0.00	0.00	D	199
		Flavones	Apigenin	1.20	2	1.20	0.00	2.40	C	80, 199
			Luteolin	16.70	2	16.70	0.00	33.40	C	80, 199
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	0.00	2		0.00	0.00	C	80, 199
	Quercetin	0.00	2		0.00	0.00	C	80, 199		
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	Flavonols	Kaempferol	0.01	3		0.01	0.01	C	168
			Quercetin	0.91	3		0.91	0.91	C	168
11439	Sauerkraut, canned, solids and liquids	Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
	Quercetin	0.00	4		0.00	0.00	B	74		
06159	Soup, tomato, canned, condensed, commercial	Flavonols	Kaempferol	0.00	3		0.00	0.00	C	168
			Quercetin	0.14	3		0.14	0.14	C	168
99304	Sour orange, juice	Flavanones	Eriodictyol	14.54	3	2.54	9.77	18.44	C	14, 115
			Hesperetin	10.74	3	4.88	1.50	18.11	C	14, 115
			Naringenin	23.77	3	4.66	18.64	33.08	C	14, 115
		Flavones	Apigenin	0.00	2		0.00	0.00	D	14
		Flavonols	Quercetin	0.00	2		0.00	0.00	D	14
16108	Soybeans, mature	Flavan-3-ols	(-)-Epicatechin	37.41	3		37.41	37.41	C	151

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	seeds, raw (<i>Glycine max</i>)									
02004	Spices, bay leaf (<i>Laurus nobilis</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	D	162
			Luteolin	0.00	1		0.00	0.00	D	162
		Flavonols	Kaempferol	4.82	1		4.82	4.82	D	162
			Myricetin	0.00	1		0.00	0.00	D	162
			Quercetin	3.19	1		3.19	3.19	D	162
02023	Spices, marjoram, dried (<i>Origanum majorana</i>)	Flavanones	Naringenin	0.00	1		0.00	0.00	D	199
		Flavones	Apigenin	3.50	1		3.50	3.50	D	199
			Luteolin	0.00	1		0.00	0.00	D	199
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	199
			Quercetin	0.00	1		0.00	0.00	D	199
02029	Spices, parsley, dried (<i>Petroselinum crispum</i>)	Flavones	Apigenin	13506.22	1		13506.22	13506.22	B	110
			Luteolin	19.75	1		19.75	19.75	B	110
		Flavonols	Isorhamnetin	331.24	1		331.24	331.24	B	110
			Kaempferol	0.00	1		0.00	0.00	B	110
11463	Spinach, frozen, chopped or leaf, unprepared	Flavones	Apigenin	0.00	4		0.00	0.00	B	74
			Luteolin	0.00	4		0.00	0.00	B	74
		Flavonols	Kaempferol	0.00	4		0.00	0.00	B	74
			Myricetin	0.00	4		0.00	0.00	B	74
			Quercetin	0.00	4		0.00	0.00	B	74
11457	Spinach, raw (<i>Spinacia oleracea</i>)	Flavones	Apigenin	0.00	9	0.00	0.00	0.01	B	30, 48, 74, 103
			Luteolin	0.74	9	0.74	0.00	6.64	B	30, 48, 74, 103
		Flavonols	Kaempferol	7.64	10	5.26	0.00	55.00	B	30, 48, 74, 103, 119
			Myricetin	0.01	9	0.00	0.00	0.04	B	30, 48, 74, 103
			Quercetin	4.11	10	2.82	0.00	27.22	B	30, 48, 74, 103, 119
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	Flavonols	Quercetin	0.47	10	0.05	0.25	0.73	C	5
11477	Squash, summer, zucchini, includes skin, raw (<i>Cucurbita spp.</i>)	Flavan-3-ols	(-)-Epicatechin	0.00	3		0.00	0.00	C	36
			(-)-Epicatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin	0.00	3		0.00	0.00	C	36
			(-)-Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	36
			(+)-Catechin	0.00	3		0.00	0.00	C	36
			(+)-Gallocatechin	0.00	3		0.00	0.00	C	36
		Flavonols	Quercetin	0.66	5	0.13	0.40	1.12	C	5
99382	Star apple, raw (<i>Chrosophyllum cainito</i>)	Flavan-3-ols	(-)-Epicatechin	0.73	1		0.73	0.73	D	104
			(-)-Epigallocatechin	0.14	1		0.14	0.14	D	104
			(+)-Catechin	0.25	1		0.25	0.25	D	104

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(+)-Gallocatechin	0.53	1		0.53	0.53	D	104
		Flavonols	Myricetin	0.08	1		0.08	0.08	D	104
			Quercetin	0.26	1		0.26	0.26	D	104
09318	Strawberries, frozen, unsweetened	Anthocyanidins	Cyanidin	1.27	9	0.39	0.33	3.21	B	48, 55, 87
			Delphinidin	0.02	1		0.02	0.02	C	48
			Pelargonidin	19.32	9	5.54	7.35	48.50	B	48, 55, 87
		Flavones	Apigenin	0.01	1		0.01	0.01	C	48
			Luteolin	0.02	1		0.02	0.02	C	48
		Flavonols	Kaempferol	0.49	20	0.08	0.00	1.30	B	48, 65, 66, 87
			Myricetin	0.35	4	0.14	0.03	0.69	C	48, 87
		Quercetin	0.46	17	0.04	0.30	0.90	B	48, 65, 66	
09316	Strawberries, raw (<i>Fragaria X ananassa</i>)	Anthocyanidins	Cyanidin	1.96	71	0.14	0.00	5.42	B	48, 55, 68, 188, 189, 190
			Delphinidin	0.32	8	0.32	0.00	2.60	B	48, 68
			Malvidin	0.00	7		0.00	0.00	A	68
			Pelargonidin	31.27	71	1.90	0.00	57.49	B	48, 55, 68, 188, 189, 190
			Peonidin	0.00	7		0.00	0.00	A	68
			Petunidin	0.08	8	0.08	0.00	0.63	B	68, 190
		Flavan-3-ols	(-)-Epicatechin	0.12	22	0.02	0.00	0.42	B	8, 22, 36, 68, 177
			(-)-Epicatechin 3-gallate	0.15	13	0.03	0.00	0.66	A	8, 36, 68
			(-)-Epigallocatechin	0.78	13	0.35	0.00	4.31	A	8, 36, 68
			(-)-Epigallocatechin 3-gallate	0.11	13	0.07	0.00	0.73	A	8, 36, 68
			(+)-Catechin	3.32	23	0.35	0.26	5.43	B	8, 22, 36, 68, 72, 177
			(+)-Gallocatechin	0.03	12	0.01	0.00	0.12	A	8, 36, 68
		Flavanones	Hesperetin	0.00	6		0.00	0.00	A	68
			Naringenin	0.26	7	0.26	0.00	1.81	B	68, 72
		Flavones	Apigenin	0.00	11	0.00	0.00	0.01	A	48, 68, 74, 102
			Luteolin	0.00	7	0.00	0.00	0.02	B	48, 68, 74, 102
		Flavonols	Kaempferol	0.46	69	0.03	0.00	1.61	B	22, 48, 65, 67, 72, 74, 81, 102, 188, 189
			Myricetin	0.00	12	0.00	0.00	0.03	A	48, 67, 68, 74
			Quercetin	1.14	52	0.10	0.00	3.20	B	22, 48, 65, 67, 68, 72, 74, 81, 102, 188
		97007	Strawberry tree fruit (<i>arbutus</i>), raw (<i>Arbutus unedo</i>)	Flavan-3-ols	(-)-Epicatechin	1.11	3		1.11	1.11
(-)-Epicatechin 3-gallate	0.00				3		0.00	0.00	C	36
(-)-Epigallocatechin	0.00				3		0.00	0.00	C	36
(-)-Epigallocatechin 3-gallate	0.00				3		0.00	0.00	C	36
(+)-Catechin	7.48				3		7.48	7.48	C	36
(+)-Gallocatechin	1.60				3		1.60	1.60	C	36
11505	Sweet potato leaves, raw	Flavones	Apigenin	0.06	4	0.06	0.00	0.24	C	30, 48

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	<i>(Ipomoea batatas)</i>	Flavonols	Luteolin	0.11	4	0.10	0.00	0.41	C	30, 48
			Kaempferol	0.25	4	0.00	0.00	0.50	C	30, 48
			Myricetin	4.89	4	3.68	0.03	15.59	C	30, 48
			Quercetin	11.57	4	5.71	2.60	26.69	C	30, 48
99385	Sweet potato, purple, cooked	Anthocyanidins	Cyanidin	10.60	1		10.60	10.60	C	48
			Delphinidin	0.90	1		0.90	0.90	C	48
			Pelargonidin	0.02	1		0.02	0.02	C	48
11507	Sweet potato, raw, unprepared (<i>Ipomoea batatas</i>)	Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
99305	Tangelo juice	Flavanones	Eriodictyol	1.20	1		1.20	1.20	D	14
			Hesperetin	74.89	1		74.89	74.89	D	14
			Naringenin	42.51	1		42.51	42.51	D	14
		Flavones	Apigenin	0.00	1		0.00	0.00	D	14
		Flavonols	Quercetin	0.00	1		0.00	0.00	D	14
09225	Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water	Flavanones	Hesperetin	22.01	13	2.94	5.94	47.08	C	121
			Naringenin	3.61	13	0.75	1.04	7.96	C	121
09221	Tangerine juice, raw	Flavanones	Eriodictyol	0.02	5	0.02	0.00	0.10	C	14, 118
			Hesperetin	9.56	5	1.72	4.31	13.37	C	14, 118
			Naringenin	1.20	6	1.20	0.00	7.22	C	14, 118, 197
		Flavones	Apigenin	0.00	5		0.00	0.00	C	14, 118
			Luteolin	0.00	1		0.00	0.00	C	118
		Flavonols	Kaempferol	0.00	1		0.00	0.00	C	118
09218	Tangerines, (mandarin oranges), raw (<i>Citrus reticulata</i>)	Flavanones	Hesperetin	7.94	11	2.12	4.52	11.17	C	37, 48
			Naringenin	10.02	11	1.47	1.74	29.15	C	37, 48
			Apigenin	0.00	1		0.00	0.00	C	102
		Flavonols	Luteolin	0.00	1		0.00	0.00	C	102
			Kaempferol	0.00	1		0.00	0.00	C	102
99306	Tangor juice (e.g., murcot or temple)	Flavanones	Eriodictyol	1.02	1		1.02	1.02	D	14
			Hesperetin	19.25	7	3.16	7.98	32.45	C	14, 121
			Naringenin	6.50	7	1.02	3.77	11.03	C	14, 121
		Flavones	Apigenin	0.00	1		0.00	0.00	D	14

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NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavonols	Quercetin	0.00	1		0.00	0.00	D	14
99316	Tangor juice, diluted from frozen concentrate (ex. murcot or temple)	Flavanones	Hesperetin	19.06	5	4.38	7.98	32.45	C	121
			Naringenin	7.04	5	1.33	3.95	11.03	C	121
11521	Taro leaves, cooked, steamed, without salt	Anthocyanidins	Cyanidin	0.02	1		0.02	0.02	C	48
			Delphinidin	0.02	1		0.02	0.02	C	48
			Pelargonidin	0.02	1		0.02	0.02	C	48
11520	Taro leaves, raw (<i>Colocasia esculenta</i>)	Flavones	Apigenin	0.01	1		0.01	0.01	C	48
			Luteolin	0.02	1		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	1		0.01	0.01	C	48
			Myricetin	0.03	1		0.03	0.03	C	48
			Quercetin	0.01	1		0.01	0.01	C	48
11518	Taro, raw (<i>Colocasia esculenta</i>)	Flavonols	Quercetin	2.87	3		2.87	2.87	C	151
99117	Tarragon, fresh (<i>Artemisia dracunculus</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
99117	Tarragon, fresh (<i>Artemisia dracunculus</i>)	Flavones	Apigenin	0.00	1		0.00	0.00	C	80
			Luteolin	1.00	1		1.00	1.00	C	80
		Flavonols	Isorhamnetin	5.00	1		5.00	5.00	C	80
			Kaempferol	11.00	1		11.00	11.00	C	80
			Quercetin	10.00	1		10.00	10.00	C	80
14355	Tea, black, brewed, prepared with tap water	Flavan-3-ols	(-)-Epicatechin	2.13	96	0.10	0.15	8.74	B	9, 23, 36, 40, 86, 89, 96, 110, 141, 180
			(-)-Epicatechin 3-gallate	5.87	96	0.17	0.80	18.98	B	9, 23, 36, 40, 86, 89, 96, 110, 141, 180
			(-)-Epigallocatechin	7.93	96	0.45	0.29	31.04	B	9, 23, 36, 40, 86, 89, 96, 110, 141, 180
			(-)-Epigallocatechin 3-gallate	9.26	96	0.46	0.68	40.66	B	9, 23, 36, 40, 86, 89, 96, 110, 141, 180
			(+)-Catechin	1.47	57	0.07	0.35	4.79	B	9, 36, 40, 89, 110
			(+)-Gallocatechin	1.20	11	0.18	0.56	2.78	A	9, 36
			Theaflavin	1.58	39	0.16	0.36	5.27	B	40, 167, 180
			Theaflavin-3,3'-digallate	1.75	39	0.21	0.06	4.96	B	40, 167, 180
			Theaflavin-3'-gallate	1.51	39	0.16	0.12	4.13	B	40, 167, 180
			Theaflavin-3-gallate	1.25	39	0.14	0.06	3.19	B	40, 167, 180
		Thearubigins	81.30	32	9.76	48.28	139.50	B	141, 180	
		Flavones	Apigenin	0.00	10		0.00	0.00	B	73
			Luteolin	0.00	10		0.00	0.00	B	73
Flavonols	Kaempferol	1.31	64	0.08	0.25	2.41	B	73, 81, 110, 131, 141, 180, 186		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			Myricetin	0.45	32	0.01	0.17	0.90	A	73, 81, 110, 180, 186
			Quercetin	1.99	64	0.05	0.41	4.75	B	73, 81, 110, 131, 141, 180, 186
14352	Tea, black, brewed, prepared with tap water, decaffeinated	Flavan-3-ols	(-)-Epicatechin	0.49	4	0.13	0.34	0.87	B	180
			(-)-Epicatechin 3-gallate	0.64	4	0.36	0.25	1.71	B	180
			(-)-Epigallocatechin	0.55	4	0.16	0.36	1.01	B	180
			(-)-Epigallocatechin 3-gallate	1.01	4	0.48	0.49	2.45	B	180
			Theaflavin	0.35	4	0.18	0.08	0.86	B	180
			Theaflavin-3,3'-digallate	0.43	4	0.37	0.00	1.52	B	180
			Theaflavin-3'-gallate	0.18	4	0.15	0.00	0.61	B	180
			Theaflavin-3-gallate	0.41	4	0.24	0.11	1.14	B	180
			Thearubigins	49.03	4	1.13	46.05	51.52	B	180
		Flavones	Apigenin	0.00	3		0.00	0.00	C	152
			Luteolin	0.00	3		0.00	0.00	C	152
		Flavonols	Kaempferol	0.88	7	0.20	0.39	1.84	B	152, 180
Myricetin	0.89		7	0.30	0.26	2.10	B	152, 180		
Quercetin	2.74		7	0.12	2.46	3.38	B	152, 180		
99342	Tea, black, ready-to-drink, diet, plain and flavored	Flavan-3-ols	(-)-Epicatechin	0.37	6	0.16	0.00	1.05	B	180
			(-)-Epicatechin 3-gallate	0.08	6	0.08	0.00	0.49	B	180
			(-)-Epigallocatechin	0.09	6	0.05	0.00	0.29	B	180
			(-)-Epigallocatechin 3-gallate	0.12	6	0.11	0.00	0.68	B	180
			Theaflavin	0.01	6	0.01	0.00	0.03	B	180
			Theaflavin-3,3'-digallate	0.00	6		0.00	0.00	B	180
			Theaflavin-3'-gallate	0.00	6		0.00	0.00	B	180
			Theaflavin-3-gallate	0.01	6	0.01	0.00	0.05	B	180
			Thearubigins	15.82	6	2.93	4.72	21.27	B	180
		Flavonols	Kaempferol	0.33	6	0.10	0.00	0.64	B	180
			Myricetin	0.12	6	0.04	0.00	0.20	B	180
			Quercetin	0.72	6	0.23	0.02	1.59	B	180
99341	Tea, black, ready-to-drink, plain and flavored	Flavan-3-ols	(-)-Epicatechin	0.49	17	0.15	0.00	2.66	B	180
			(-)-Epicatechin 3-gallate	0.21	17	0.06	0.00	0.67	B	180
			(-)-Epigallocatechin	0.85	17	0.42	0.00	7.45	B	180
			(-)-Epigallocatechin 3-gallate	0.51	17	0.19	0.00	3.11	B	180
			Theaflavin	0.05	17	0.02	0.00	0.19	B	180
			Theaflavin-3,3'-digallate	0.04	17	0.02	0.00	0.31	B	180
			Theaflavin-3'-gallate	0.02	17	0.01	0.00	0.09	B	180
			Theaflavin-3-gallate	0.06	17	0.02	0.00	0.27	B	180
		Thearubigins	25.49	17	3.17	7.80	56.78	B	180	
Flavonols	Kaempferol	0.66	17	0.08	0.14	1.23	B	180		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
99068	Tea, green, brewed, flavored	Flavan-3-ols	(-)-Epicatechin	4.45	5	0.50	3.77	6.38	B	180
			(-)-Epicatechin 3-gallate	5.11	5	0.74	3.09	7.69	B	180
			(-)-Epigallocatechin	13.34	5	1.87	8.80	19.44	B	180
			(-)-Epigallocatechin 3-gallate	19.97	5	3.05	12.77	29.78	B	180
			Theaflavin	0.02	5	0.01	0.00	0.04	B	180
			Theaflavin-3,3'-digallate	0.00	5	0.00	0.00	0.01	B	180
			Theaflavin-3'-gallate	0.00	5		0.00	0.00	B	180
			Theaflavin-3-gallate	0.00	5	0.00	0.00	0.02	B	180
			Thearubigins	8.14	5	4.98	0.00	22.07	B	180
		Flavonols	Kaempferol	0.54	5	0.05	0.36	0.64	B	180
			Myricetin	0.58	5	0.04	0.48	0.73	B	180
Quercetin	1.69		5	0.12	1.34	2.07	B	180		
99343	Tea, green, ready-to-drink	Flavan-3-ols	(-)-Epicatechin	1.98	2	0.11	1.88	2.09	B	180
			(-)-Epicatechin 3-gallate	0.93	2	0.06	0.87	0.98	B	180
			(-)-Epigallocatechin	4.99	2	0.53	4.47	5.52	B	180
			(-)-Epigallocatechin 3-gallate	3.96	2	0.40	3.56	4.35	B	180
			Theaflavin	0.02	2	0.02	0.00	0.04	B	180
			Theaflavin-3,3'-digallate	0.00	2		0.00	0.00	B	180
			Theaflavin-3'-gallate	0.00	2		0.00	0.00	B	180
			Theaflavin-3-gallate	0.02	2	0.02	0.00	0.04	B	180
			Thearubigins	0.00	2		0.00	0.00	B	180
		Flavonols	Kaempferol	0.32	2	0.08	0.24	0.40	B	180
			Myricetin	1.03	2	0.08	0.95	1.10	B	180
Quercetin	0.21		2	0.01	0.19	0.22	B	180		
99344	Tea, instant, decaffeinated, prepared	Flavan-3-ols	(-)-Epicatechin	0.07	4	0.07	0.00	0.30	B	180
			(-)-Epicatechin 3-gallate	0.14	4	0.14	0.00	0.54	B	180
			(-)-Epigallocatechin	0.25	4	0.23	0.00	0.94	B	180
			(-)-Epigallocatechin 3-gallate	0.45	4	0.45	0.00	1.81	B	180
			Theaflavin	0.01	4	0.01	0.00	0.03	B	180
			Theaflavin-3,3'-digallate	0.01	4	0.01	0.00	0.03	B	180
			Theaflavin-3'-gallate	0.00	4	0.00	0.00	0.01	B	180
			Theaflavin-3-gallate	0.01	4	0.01	0.00	0.03	B	180
			Thearubigins	8.38	4	9.03	-0.97	35.47	B	180
		Flavonols	Kaempferol	0.38	4	0.15	0.02	0.69	B	180
			Myricetin	0.49	4	0.30	0.00	1.36	B	180
Quercetin	0.60		4	0.25	0.05	1.16	B	180		
99349	Tea, instant, diet, prepared	Flavan-3-ols	(-)-Epicatechin	0.25	4	0.23	0.00	0.93	B	180
			(-)-Epicatechin 3-gallate	0.11	4	0.11	0.00	0.45	B	180
			(-)-Epigallocatechin	0.66	4	0.64	0.00	2.59	B	180

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data		
			(-)-Epigallocatechin 3-gallate	0.49	4	0.49	0.00	1.98	B	180		
			Theaflavin	0.00	4	0.00	0.00	0.01	B	180		
			Theaflavin-3,3'-digallate	0.00	4		0.00	0.00	B	180		
			Theaflavin-3'-gallate	0.00	4	0.00	0.00	0.00	B	180		
			Theaflavin-3-gallate	0.00	4	0.00	0.00	0.01	B	180		
			Thearubigins	10.19	4	1.84	5.20	14.00	B	180		
		Flavonols	Kaempferol	0.12	4	0.08	0.02	0.35	B	180		
			Myricetin	0.07	4	0.04	0.01	0.19	B	180		
			Quercetin	0.25	4	0.15	0.04	0.70	B	180		
		99350	Tea, instant, sweetened with sugar, plain and flavored, prepared	Flavan-3-ols	(-)-Epicatechin	0.24	8	0.08	0.00	0.62	B	180
					(-)-Epicatechin 3-gallate	0.14	8	0.05	0.00	0.33	B	180
(-)-Epigallocatechin	0.54				8	0.20	0.00	1.75	B	180		
(-)-Epigallocatechin 3-gallate	0.55				8	0.14	0.00	1.10	B	180		
Theaflavin	0.00				8	0.00	0.00	0.03	B	180		
Theaflavin-3,3'-digallate	0.00				8		0.00	0.00	B	180		
Theaflavin-3'-gallate	0.00				8		0.00	0.00	B	180		
Theaflavin-3-gallate	0.00				8	0.00	0.00	0.01	B	180		
Thearubigins	27.95				8	5.58	8.64	55.67	B	180		
Flavonols	Kaempferol			0.42	3	0.26	0.11	0.94	B	180		
	Myricetin			0.87	3	0.38	0.13	1.38	B	180		
	Quercetin			0.34	3	0.25	0.08	0.84	B	180		
14367	Tea, instant, unsweetened, powder, prepared			Flavan-3-ols	(-)-Epicatechin	0.31	3	0.21	0.00	0.70	B	180
				Flavan-3-ols	(-)-Epicatechin 3-gallate	0.24	3	0.23	0.00	0.70	B	180
		(-)-Epigallocatechin	0.61		3	0.43	0.00	1.44	B	180		
		(-)-Epigallocatechin 3-gallate	0.86		3	0.80	0.00	2.46	B	180		
		Theaflavin	0.01		3	0.00	0.00	0.01	B	180		
		Theaflavin-3,3'-digallate	0.01		3	0.00	0.00	0.01	B	180		
		Theaflavin-3'-gallate	0.00		3	0.00	0.00	0.00	B	180		
		Theaflavin-3-gallate	0.01		3	0.00	0.00	0.01	B	180		
		Thearubigins	23.65		3	8.85	8.35	39.02	B	180		
		Flavonols	Kaempferol	0.32	3	0.15	0.07	0.57	B	180		
			Myricetin	0.21	3	0.14	0.00	0.47	B	180		
			Quercetin	0.87	3	0.46	0.08	1.66	B	180		
		99071	Tea, oolong, brewed	Flavan-3-ols	(-)-Epicatechin	2.54	16	0.06	1.20	4.50	B	86, 89, 96, 98
(-)-Epicatechin 3-gallate	6.33				16	0.69	0.30	12.10	B	86, 89, 96, 98		
(-)-Epigallocatechin	6.10				16	0.29	1.80	16.37	B	86, 89, 96, 98		
(-)-Epigallocatechin 3-gallate	34.48				16	4.76	7.36	71.10	B	86, 89, 96, 98		
(+)-Catechin	0.23				13	0.02	0.00	0.70	B	89, 98		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
		Flavones	Apigenin	0.00	1		0.00	0.00	C	73
			Luteolin	0.00	1		0.00	0.00	C	73
		Flavonols	Kaempferol	0.90	1		0.90	0.90	C	73
			Myricetin	0.49	1		0.49	0.49	C	73
			Quercetin	1.30	1		1.30	1.30	C	73
02049	Thyme, fresh (<i>Thymus vulgaris</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
			Naringenin	0.00	1		0.00	0.00	D	199
		Flavones	Apigenin	2.50	2	2.50	0.00	5.00	C	80, 199
			Luteolin	45.25	2	5.75	39.50	51.00	C	80, 199
		Flavonols	Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	0.00	2		0.00	0.00	C	80, 199
Quercetin	0.00		2		0.00	0.00	C	80, 199		
11886	Tomato juice, canned, without salt added	Flavones	Apigenin	0.00	1		0.00	0.00	C	73
			Luteolin	0.00	1		0.00	0.00	C	73
		Flavonols	Kaempferol	0.06	7	0.02	0.00	0.08	C	73, 168
			Myricetin	0.05	1		0.05	0.05	C	73
			Quercetin	1.46	7	0.46	1.27	1.58	C	73, 168
11547	Tomato products, canned, puree, without salt added	Flavonols	Kaempferol	0.08	9	0.02	0.03	0.13	C	168
			Quercetin	4.12	9	1.10	1.63	7.09	C	168
99011	Tomatoes, cherry, raw (<i>Lycopersicon esculentum</i> var. <i>cerasiforme</i>)	Flavanones	Naringenin	3.19	1		3.19	3.19	D	140
		Flavones	Luteolin	0.00	1		0.00	0.00	C	6
		Flavonols	Kaempferol	0.10	67	0.01	0.00	0.27	B	6, 168
			Quercetin	2.76	91	0.21	0.17	20.30	B	6, 34, 140, 168
99051	Tomatoes, plum, raw (<i>Lycopersicon esculentum</i>)	Flavonols	Kaempferol	0.00	3		0.00	0.00	C	168
			Quercetin	0.03	3		0.03	0.03	C	168
11531	Tomatoes, red, ripe, canned, whole, regular pack	Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.01	2		0.01	0.01	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	0.50	2		0.50	0.50	C	48
11530	Tomatoes, red, ripe, cooked	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68
			Delphinidin	0.00	8		0.00	0.00	A	68
			Malvidin	0.00	8		0.00	0.00	A	68
			Pelargonidin	0.00	8		0.00	0.00	A	68
			Peonidin	0.00	8		0.00	0.00	A	68
			Petunidin	0.00	8		0.00	0.00	A	68
		Flavan-3-ols	(-)-Epicatechin	0.00	5		0.00	0.00	B	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean [†]	N	Standard Error	Min	Max	CC	Sources of Data		
			(-)-Epicatechin 3-gallate	0.00	5		0.00	0.00	B	68		
			(-)-Epigallocatechin	0.00	5		0.00	0.00	B	68		
			(-)-Epigallocatechin 3-gallate	0.00	5		0.00	0.00	B	68		
			(+)-Catechin	0.00	5		0.00	0.00	B	68		
			(+)-Gallocatechin	0.00	5		0.00	0.00	B	68		
		Flavanones	Hesperetin	0.00	5		0.00	0.00	B	68		
			Naringenin	0.00	5		0.00	0.00	B	68		
		Flavones	Apigenin	0.00	10	0.00		0.00	0.01	A	48, 68	
			Luteolin	0.01	6	0.00		0.00	0.02	B	48, 68	
		Flavonols	Kaempferol	0.01	2			0.01	0.01	C	48	
			Myricetin	0.01	10	0.00		0.00	0.03	A	48, 68	
Quercetin	0.70		10	0.22		0.00	1.76	A	48, 68			
11529	Tomatoes, red, ripe, raw, year round average (<i>Lycopersicon esculentum</i>)	Anthocyanidins	Cyanidin	0.00	8		0.00	0.00	A	68		
			Delphinidin	0.00	8		0.00	0.00	A	68		
			Malvidin	0.00	8		0.00	0.00	A	68		
			Pelargonidin	0.00	8		0.00	0.00	A	68		
			Peonidin	0.00	8		0.00	0.00	A	68		
			Petunidin	0.00	8		0.00	0.00	A	68		
		Flavan-3-ols	(-)-Epicatechin	0.00	13			0.00	0.00	A	8, 36, 68	
			(-)-Epicatechin 3-gallate	0.00	13			0.00	0.00	A	8, 36, 68	
			(-)-Epigallocatechin	0.00	13			0.00	0.00	A	8, 36, 68	
			(-)-Epigallocatechin 3-gallate	0.00	13			0.00	0.00	A	8, 36, 68	
			(+)-Catechin	0.00	13			0.00	0.00	A	8, 36, 68	
			(+)-Gallocatechin	0.00	13			0.00	0.00	A	8, 36, 68	
		Flavanones	Hesperetin	0.00	6			0.00	0.00	A	68	
			Naringenin	0.68	11	0.16		0.00	1.50	A	68, 81	
		Flavones	Apigenin	0.00	16	0.00		0.00	0.01	A	10, 48, 68, 74, 103	
			Luteolin	0.00	14	0.00		0.00	0.02	B	6, 10, 48, 68, 74, 103	
		Flavonols	Kaempferol	0.08	46	0.02		0.00	0.84	B	6, 10, 48, 74, 103, 168	
			Myricetin	0.15	19	0.04		0.00	0.92	B	10, 48, 68, 74, 103, 151	
			Quercetin	0.59	93	0.01		0.00	3.80	B	6, 10, 34, 48, 68, 74, 81, 103, 151, 168	
		11696	Tomatoes, yellow, raw (<i>Lycopersicon esculentum</i>)	Flavonols	Kaempferol	0.04	3		0.04	0.04	C	168
					Quercetin	0.21	3		0.21	0.21	C	168
99364	Tree Spinach (<i>Cnidoscolus acontifolius/chayamansa</i>)	Flavonols	Kaempferol	3.72	4	1.00	1.81	5.82	C	91		
			Quercetin	2.54	4	1.04	0.00	4.47	C	91		
11568	Turnip greens, raw	Flavones	Apigenin	0.00	2		0.00	0.00	C	74		

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
	<i>(Brassica rapa (Rapifera Group))</i>	Flavonols	Luteolin	0.00	2		0.00	0.00	C	74
			Kaempferol	11.87	5	4.51	4.80	16.59	B	74, 151
			Myricetin	0.00	2		0.00	0.00	C	74
			Quercetin	0.73	2		0.73	0.73	C	74
99351	Vinegar, cider (Germany)	Flavan-3-ols	(-)-Epicatechin	0.82	2	0.28	0.54	1.10	C	4
			(+)-Catechin	4.85	2	0.95	3.90	5.80	C	4
		Flavonols	Quercetin	0.68	2	0.68	0.00	1.35	C	4
99109	Vinegar, wine, red	Anthocyanidins	Cyanidin	0.00	1		0.00	0.00	C	4
			Delphinidin	0.08	1		0.08	0.08	C	4
			Malvidin	0.43	1		0.43	0.43	C	4
			Peonidin	0.07	1		0.07	0.07	C	4
			Petunidin	0.08	1		0.08	0.08	C	4
Flavan-3-ols	(-)-Epicatechin	2.20	1		2.20	2.20	C	4		
99108	Vinegar, wine, white	Flavan-3-ols	(-)-Epicatechin	0.60	2	0.60	0.00	1.20	C	4
			(+)-Catechin	3.60	2	1.20	2.40	4.80	C	4
11587	Vinespinach, (basella), raw (<i>Basella alba</i>)	Flavones	Apigenin	62.20	6	22.71	62.10	62.31	C	151
99107	Water spinach (<i>Ipomoea aquatica</i>)	Flavones	Apigenin	0.01	1		0.01	0.01	D	30
			Luteolin	0.04	1		0.04	0.04	D	30
		Flavonols	Kaempferol	0.00	1		0.00	0.00	D	30
			Myricetin	0.03	1		0.03	0.03	D	30
11591	Watercress, raw (<i>Nasturtium officinale</i>)	Flavanones	Hesperetin	0.00	1		0.00	0.00	C	80
			Apigenin	0.01	5	0.00	0.00	0.01	C	48, 80
		Flavonols	Luteolin	0.02	5	0.01	0.00	0.02	C	48, 80
			Isorhamnetin	0.00	1		0.00	0.00	C	80
			Kaempferol	1.40	5	0.57	1.00	1.50	C	48, 80
			Myricetin	0.20	4		0.20	0.20	C	48
Quercetin	7.44	5	3.10	4.00	8.30	C	48, 80			
09326	Watermelon, raw (<i>Citrullus lanatus</i>)	Anthocyanidins	Cyanidin	0.00	3		0.00	0.00	B	68
			Delphinidin	0.00	3		0.00	0.00	B	68
			Malvidin	0.00	3		0.00	0.00	B	68
			Pelargonidin	0.00	3		0.00	0.00	B	68
			Peonidin	0.00	3		0.00	0.00	B	68
			Petunidin	0.00	3		0.00	0.00	B	68
		Flavan-3-ols	(-)-Epicatechin	0.00	7		0.00	0.00	A	68
			(-)-Epicatechin 3-gallate	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin	0.00	7		0.00	0.00	A	68
			(-)-Epigallocatechin 3-gallate	0.00	7		0.00	0.00	A	68

USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)

(For mean, standard error, min and max units = mg/100 g, edible portion)

NDB No.	Food Description	Class	Flavonoid	Mean ¹	N	Standard Error	Min	Max	CC	Sources of Data
			(+)-Catechin	0.00	7		0.00	0.00	A	68
			(+)-Gallocatechin	0.00	7		0.00	0.00	A	68
		Flavanones	Hesperetin	0.00	7		0.00	0.00	A	68
			Naringenin	0.00	7		0.00	0.00	A	68
		Flavones	Apigenin	0.00	5		0.00	0.00	B	68, 102, 152
			Luteolin	0.61	3	0.61	0.00	1.84	B	68, 102, 152
		Flavonols	Kaempferol	0.00	2		0.00	0.00	C	102, 152
			Myricetin	0.00	5		0.00	0.00	B	68, 102, 152
			Quercetin	0.00	5		0.00	0.00	B	68, 102, 152
11200	Yardlong bean, cooked, boiled, drained, without salt	Anthocyanidins	Cyanidin	1.10	2		1.10	1.10	C	48
			Delphinidin	0.02	2		0.02	0.02	C	48
			Pelargonidin	0.02	2		0.02	0.02	C	48
		Flavones	Apigenin	0.01	2		0.01	0.01	C	48
			Luteolin	0.02	2		0.02	0.02	C	48
		Flavonols	Kaempferol	0.50	2		0.50	0.50	C	48
			Myricetin	0.03	2		0.03	0.03	C	48
			Quercetin	5.30	2		5.30	5.30	C	48
99361	Yuzu, raw (<i>Citrus junos</i>)	Flavanones	Hesperetin	28.73	60	3.64	26.64	30.32	C	196
			Naringenin	24.82	60	3.15	22.80	26.12	C	196