

USDA Database for the Flavonoid Content of Selected Foods, Release 3.1 (2014)

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

NDB No.	Description	Class	Flavonoid	Mean	N	Standard Error	Min	Max	CC	Sources of Data
99347	Grapefruit, raw (not specified as to color) (<i>Citrus paradisi</i>)	Flavanones	(+)-Catechin	74.63	35	5.78	6.00	244.00	C	88, 300
			Hesperetin	1.50	2		1.50	1.50	C	134
		Flavonols	Naringenin	53.00	2		53.00	53.00	C	134
			Kaempferol	0.40	2		0.40	0.40	C	134
			Quercetin	0.50	2		0.50	0.50	C	134
			Cyanidin	0.00	7		0.00	0.00	B	110
			Delphinidin	0.00	7		0.00	0.00	B	110
			Malvidin	0.00	7		0.00	0.00	B	110
			Pelargonidin	0.00	7		0.00	0.00	B	110
			Peonidin	0.00	7		0.00	0.00	B	110
09112	Grapefruit, raw, pink and red, all areas (<i>Citrus paradisi</i>)	Anthocyanidins	Petunidin	0.00	7		0.00	0.00	B	110
			(-) Epicatechin	0.00	7		0.00	0.00	B	110
			(-) Epicatechin 3-gallate	0.00	7		0.00	0.00	B	110
			(-) Epigallocatechin	0.00	7		0.00	0.00	B	110
			(-) Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	110
			(+) Catechin	0.00	7		0.00	0.00	B	110
			(+) Gallocatechin	0.00	7		0.00	0.00	B	110
			Hesperetin	0.35	10	0.04	0.00	1.17	B	85, 110
			Naringenin	32.64	9	6.62	16.28	44.97	B	85, 110
			Apigenin	0.00	10	0.00	0.00	0.01	B	85, 110
09116	Grapefruit, raw, white, all areas (<i>Citrus paradisi</i>)	Flavonols	Luteolin	0.60	7	0.12	0.00	1.40	B	85, 110
			Kaempferol	0.01	3		0.01	0.01	C	85
			Myricetin	0.01	10	0.00	0.00	0.03	B	85, 110
			Quercetin	0.33	10	0.19	0.00	2.02	B	85, 110
			Hesperetin	0.64	2		0.64	0.64	C	85
			Naringenin	21.34	2		21.34	21.34	C	85
			Apigenin	0.00	1		0.00	0.00	C	169
			Luteolin	0.00	1		0.00	0.00	C	169
			Kaempferol	0.00	1		0.00	0.00	C	169
			Myricetin	0.00	1		0.00	0.00	C	169
99048	Grapes, black (<i>Vitis vinifera</i>)	Flavan-3-ols	Quercetin	0.00	1		0.00	0.00	C	169
			(+) Epicatechin	8.68	11	2.48	0.00	0.00	C	169
			(-) Epicatechin 3-gallate	2.81	4		2.81	2.81	B	15, 269
			(-) Epigallocatechin	0.00	4		0.00	0.00	B	15
			(-) Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	15
			(+) Catechin	10.14	11	2.91	0.00	10.83	B	15, 269