<table>
<thead>
<tr>
<th>Flavonoids</th>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flavones</td>
<td></td>
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<tr>
<td>Flavonols</td>
<td></td>
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<tr>
<td>Anthocyanidins</td>
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<tr>
<td>Polyphenols</td>
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<tr>
<td>Phenolics</td>
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<tr>
<td>Tannins</td>
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</tbody>
</table>

**Sources of Data**

For mean, standard error, min and max units - mg/100g edible portion (as 100g of selected foods, Release 3.1 (2014))

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