

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
99618	Goji berry (wolfberry), dried	Flavonols	Delphinidin	0.00	8		0.00	0.00	A	110
			Malvidin	0.00	8		0.00	0.00	A	110
			Pelargonidin	0.01	20	0.00	0.00	0.03	B	69, 110
			Peonidin	0.00	20		0.00	0.00	B	69, 110
			Petunidin	0.00	8		0.00	0.00	A	110
			(-) Epicatechin	0.50	56	0.06	0.00	0.97	B	58, 110, 269, 281
			(-) Epicatechin 3-gallate	0.00	8		0.00	0.00	B	58, 110
			(-) Epigallocatechin	0.00	8		0.00	0.00	B	58, 110
			(-) Epigallocatechin 3-gallate	0.00	8		0.00	0.00	B	58, 110
			(+) Catechin	1.59	55	0.18	0.00	4.03	B	58, 110, 269, 281
			(+) Galocatechin	0.00	8		0.00	0.00	B	58, 110
			Hesperetin	0.00	5		0.00	0.00	B	110
			Naringenin	0.00	5		0.00	0.00	B	110
			Apigenin	0.00	13		0.00	0.00	A	110, 230
99107	Gooseberries, raw (<i>Ribes spp.</i>)	Flavones	Luteolin	0.00	9		0.00	0.00	B	110, 230
			Kaempferol	0.00	5		0.00	0.00	B	230
			Myricetin	0.00	13		0.00	0.00	A	110, 230
			Quercetin	5.47	58	0.59	0.00	14.21	B	110, 230, 281
			Kaempferol	6.20	1		6.20	6.20	D	156
			Myricetin	11.40	1		11.40	11.40	D	156
			Quercetin	13.60	1		13.60	13.60	D	156
			Cyanidin	8.73	18	1.23	0.05	16.97	B	132, 295
			Delphinidin	0.01	14	0.01	0.00	0.15	B	132
			Peonidin	0.77	17	0.39	0.07	6.93	B	132, 295
97003	Grape seeds, raw	Anthocyanidins	(-) Epicatechin	0.00	4		0.00	0.00	B	15
			(-) Epicatechin 3-gallate	0.00	4		0.00	0.00	B	15
			(-) Epigallocatechin	0.00	4		0.00	0.00	B	15
			(-) Epigallocatechin 3-gallate	0.00	4		0.00	0.00	B	15
			(+) Catechin	1.67	4		1.67	1.67	B	15
			(+) Galocatechin	0.44	4		0.44	0.44	B	15
			Apigenin	0.00	2		0.00	0.00	C	169
			Luteolin	0.00	2		0.00	0.00	C	169
			Kaempferol	0.88	4	0.51	0.00	1.90	B	109, 169
			Myricetin	0.00	4		0.00	0.00	B	109, 169
			Quercetin	1.23	4	0.49	0.00	2.20	B	109, 169
			(-) Epicatechin	93.31	35	8.42	23.00	284.00	C	88, 300