

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
99343	Tea, green, ready-to-drink	Flavan-3-ols	(-)Epicatechin 3-gallate	147.80	2	3.00	144.80	150.80	C	249
			(-)Epigallocatechin	19.80	2	0.80	19.00	20.60	C	249
			(-)Epigallocatechin 3-gallate	68.20	2	3.00	65.20	71.20	C	249
			(+)Catechin	67.60	2	1.20	66.40	68.80	C	249
			(+)Epicatechin	1.98	2	0.11	1.88	2.09	B	272
			(-)Epicatechin 3-gallate	0.93	2	0.06	0.87	0.98	B	272
			(-)Epigallocatechin	4.99	2	0.53	4.47	5.52	B	272
			(-)Epigallocatechin 3-gallate	3.96	2	0.40	3.56	4.35	B	272
			Theaflavin	0.02	2	0.02	0.00	0.04	B	272
			Theaflavin-3, 3'-digallate	0.00	2		0.00	0.00	B	272
99324	Tea, iced, lemon flavor, ready-to-drink	Flavan-3-ols	Theaflavin-3, 3'-gallate	0.00	2		0.00	0.00	B	272
			Thearubigins	0.00	2		0.00	0.00	B	272
			Kaempferol	0.32	2	0.08	0.24	0.40	B	272
			Myricetin	1.03	2	0.08	0.95	1.10	B	272
			Quercetin	0.21	2	0.01	0.19	0.22	B	272
			(-)Epicatechin	0.08	1		0.08	0.08	B	16
			(-)Epicatechin 3-gallate	0.00	1		0.00	0.00	B	16
			(-)Epigallocatechin	0.00	1		0.00	0.00	B	16
			(-)Epigallocatechin 3-gallate	0.00	1		0.00	0.00	B	16
			(+)Catechin	0.00	1		0.00	0.00	B	16
99344	Tea, instant, decaffeinated, prepared	Flavan-3-ols	(+)Gallicocatechin	0.00	1		0.00	0.00	B	16
			(-)Epicatechin	0.07	4	0.07	0.00	0.30	B	272
			(-)Epicatechin 3-gallate	0.14	4	0.14	0.00	0.54	B	272
			(-)Epigallocatechin	0.25	4	0.23	0.00	0.94	B	272
			(-)Epigallocatechin 3-gallate	0.45	4	0.45	0.00	1.81	B	272
			Theaflavin	0.01	4	0.01	0.00	0.03	B	272
			Theaflavin-3, 3'-digallate	0.01	4	0.01	0.00	0.03	B	272
			Theaflavin-3'-gallate	0.00	4	0.00	0.00	0.01	B	272
			Thearubigins	8.87	4	8.87	0.00	35.47	B	272
			Kaempferol	0.38	4	0.15	0.02	0.69	B	272
99349	Tea, instant, diet, prepared	Flavan-3-ols	Myricetin	0.49	4	0.30	0.00	1.36	B	272
			Quercetin	0.60	4	0.25	0.05	1.16	B	272
			(-)Epicatechin	0.25	4	0.23	0.00	0.93	B	272
			(-)Epicatechin 3-gallate	0.11	4	0.11	0.00	0.45	B	272
			(-)Epigallocatechin	0.66	4	0.64	0.00	2.59	B	272
			(-)Epigallocatechin 3-gallate	0.49	4	0.49	0.00	1.98	B	272