

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			
09286	Pomegranates, raw (<i>Punica granatum</i>)	Flavan-3-ols	(-)Epicatechin	3.20	20	0.49	0.00	10.38	A	15, 58, 110, 269			
			(-)Epicatechin 3-gallate	0.76	15	0.43	0.00	4.98	A	15, 58, 110			
			(-)Epigallocatechin	0.24	15	0.10	0.00	1.19	A	15, 58, 110			
			(-)Epigallocatechin 3-gallate	0.40	14	0.21	0.00	2.47	A	15, 58, 110			
			(+)Catechin	2.89	20	0.44	0.00	5.82	A	15, 58, 110, 269			
			(+)Gallocatechin	0.09	15	0.09	0.00	1.35	A	15, 58, 110			
			Hesperetin	0.00	8		0.00	0.00	0.00	A	110		
			Naringenin	0.00	8		0.00	0.00	0.00	A	110		
			Apigenin	0.00	10		0.00	0.00	0.00	A	110, 116, 169		
			Luteolin	0.00	6		0.00	0.00	0.00	B	110, 116, 169		
09287	Prickly pears, raw (<i>Opuntia spp.</i>)	Flavonols	Kaempferol	0.00	2		0.00	0.00	B	116, 169			
			Myricetin	0.00	10		0.00	0.00	A	110, 116, 169			
			Quercetin	0.90	62	0.19	0.22	7.35	B	110, 116, 134, 169, 254			
			(+)Epicatechin	0.08	3		0.08	0.08	C	58			
			(-)Epicatechin 3-gallate	0.00	3		0.00	0.00	C	58			
			(-)Epigallocatechin	0.16	3		0.16	0.16	C	58			
			(-)Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	58			
			(+)Catechin	0.40	3		0.40	0.40	C	58			
			(+)Gallocatechin	0.17	3		0.17	0.17	C	58			
			Apigenin	0.00	1		0.00	0.00	C	169			
09287	Prickly pears, raw (<i>Opuntia spp.</i>)	Flavones	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			
			Quercetin	0.00	1		0.00	0.00	C	169			
			Isorhamnetin	0.65	4	0.59	0.00	2.41	C	150			
			Kaempferol	0.18	4	0.08	0.00	0.38	C	150			
			Quercetin	4.86	4	1.66	0.98	9.05	C	150			
			Hesperetin	8.40	2		8.40	8.40	C	85			
			Naringenin	24.72	2		24.72	24.72	C	85			
			(-)Epicatechin	0.67	3		0.67	0.67	C	58			
09295	Pummelo, raw (<i>Citrus maxima</i>)	Flavan-3-ols	(-)Epicatechin 3-gallate	0.00	3		0.00	0.00	C	58			
			(-)Epigallocatechin	0.00	3		0.00	0.00	C	58			
			(-)Epigallocatechin 3-gallate	0.00	3		0.00	0.00	C	58			
			(+)Epigallocatechin 3-gallate	0.75	3		0.75	0.75	C	58			
			(+)Catechin	0.00	3		0.00	0.00	C	58			
			(+)Gallocatechin	0.00	3		0.00	0.00	C	58			
			Apigenin	0.00	1		0.00	0.00	C	169			
			09296	Quinces, raw (<i>Cydonia oblonga</i>)	Flavanones	(-)Epicatechin	0.00	1		0.00	0.00	C	169
						(-)Epicatechin 3-gallate	0.00	1		0.00	0.00	C	169
						(-)Epigallocatechin	0.00	1		0.00	0.00	C	169
(-)Epigallocatechin 3-gallate	0.00	1					0.00	0.00	C	169			
(+)Epigallocatechin 3-gallate	0.00	1					0.00	0.00	C	169			
(+)Catechin	0.00	1					0.00	0.00	C	169			
(+)Gallocatechin	0.00	1					0.00	0.00	C	169			
Apigenin	0.00	1					0.00	0.00	C	169			
09296	Quinces, raw (<i>Cydonia oblonga</i>)	Flavones				(-)Epicatechin	0.00	1		0.00	0.00	C	169
						(-)Epicatechin 3-gallate	0.00	1		0.00	0.00	C	169
			(-)Epigallocatechin	0.00	1		0.00	0.00	C	169			
			(-)Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	169			
			(+)Epigallocatechin 3-gallate	0.00	1		0.00	0.00	C	169			
			(+)Catechin	0.00	1		0.00	0.00	C	169			
			(+)Gallocatechin	0.00	1		0.00	0.00	C	169			
			Apigenin	0.00	1		0.00	0.00	C	169			
			09296	Quinces, raw (<i>Cydonia oblonga</i>)	Flavones	(-)Epicatechin	0.00	1		0.00	0.00	C	169
						(-)Epicatechin 3-gallate	0.00	1		0.00	0.00	C	169
(-)Epigallocatechin	0.00	1					0.00	0.00	C	169			
(-)Epigallocatechin 3-gallate	0.00	1					0.00	0.00	C	169			
(+)Epigallocatechin 3-gallate	0.00	1					0.00	0.00	C	169			
(+)Catechin	0.00	1					0.00	0.00	C	169			
(+)Gallocatechin	0.00	1					0.00	0.00	C	169			
Apigenin	0.00	1					0.00	0.00	C	169			