

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 |
|-------------------------------|--|----------------|----------------|--------------------------------------|----------------|--------------------------|-------|-------|------|---|
| 14057 | Alcoholic beverage, wine, dessert, sweet | Anthocyanidins | Delphinidin | 3.90 | 4 | | 3.90 | 3.90 | C | 211 |
| | | | Malvidin | 94.83 | 4 | | 94.83 | 94.83 | C | 211 |
| | | | Peonidin | 3.93 | 4 | | 3.93 | 3.93 | C | 211 |
| | | | Petunidin | 6.63 | 4 | | 6.63 | 6.63 | C | 211 |
| | | | (-)Epicatechin | 7.56 | 4 | | 7.56 | 7.56 | C | 211 |
| | | | (+)Catechin | 9.86 | 4 | | 9.86 | 9.86 | C | 211 |
| | | | Quercetin | 1.94 | 4 | | 1.94 | 1.94 | C | 211 |
| | | | (-)Epicatechin | 1.25 | 3 | | 1.25 | 1.25 | C | 19 |
| | | | (+)Catechin | 1.60 | 6 | 0.47 | 0.37 | 2.37 | C | 19, 106 |
| | | | Isorhamnetin | 0.00 | 3 | | 0.00 | 0.00 | C | 229 |
| 99075 | Alcoholic beverage, wine, sherry | Flavonols | Kaempferol | 0.00 | 3 | | 0.00 | 0.00 | C | 229 |
| | | | Myricetin | 0.00 | 3 | | 0.00 | 0.00 | C | 229 |
| | | | Quercetin | 0.01 | 3 | | 0.01 | 0.01 | C | 229 |
| | | | Cyanidin | 0.19 | 91 | 0.06 | 0.00 | 4.50 | B | 6, 70, 86, 90, 96, 195, 243 |
| | | | Delphinidin | 2.01 | 147 | 0.14 | 0.02 | 5.71 | B | 6, 70, 90, 96, 102, 195, 211, 24 |
| | | | Malvidin | 13.84 | 166 | 0.78 | 0.00 | 53.57 | B | 6, 70, 86, 90, 96, 102, 195, 211, 243, 263 |
| | | | Peonidin | 1.25 | 147 | 0.08 | 0.02 | 5.03 | B | 6, 70, 90, 96, 102, 195, 211, 24 |
| | | | Petunidin | 1.98 | 147 | 0.14 | 0.02 | 5.66 | B | 6, 70, 90, 96, 102, 195, 211, 24 |
| | | | (-)Epicatechin | 3.79 | 938 | 0.10 | 0.00 | 16.50 | A | 6, 16, 56, 58, 86, 96, 100, 101, 102, 179, 211, 231, 232, 233, 262, 263 |
| | | | 14096 | Alcoholic beverage, wine, table, red | Anthocyanidins | (-)Epicatechin 3-gallate | 0.01 | 16 | 0.01 | 0.00 |
| (-)Epigallocatechin | 0.06 | 15 | | | | 0.01 | 0.00 | 0.28 | A | 16, 58 |
| (-)Epigallocatechin 3-gallate | 0.00 | 15 | | | | | 0.00 | 0.00 | A | 16, 58 |
| (+)Catechin | 7.14 | 939 | | | | 0.19 | 0.00 | 39.00 | A | 1, 16, 56, 58, 86, 96, 100, 101, 102, 179, 211, 231, 232, 233, 262, 263 |
| (+)Gallocatechin | 0.08 | 15 | | | | 0.02 | 0.00 | 0.42 | A | 16, 58 |
| Hesperetin | 0.63 | 2 | | | | 0.36 | 0.27 | 0.99 | C | 1 |
| Naringenin | 1.77 | 2 | | | | 0.74 | 1.03 | 2.51 | C | 1 |
| Apigenin | 0.13 | 24 | | | | 0.02 | 0.00 | 0.47 | B | 90, 115, 239 |
| Luteolin | 0.04 | 39 | | | | 0.01 | 0.00 | 0.40 | B | 79, 80, 115, 239 |
| Isorhamnetin | 0.02 | 64 | | | | 0.00 | 0.00 | 0.16 | B | 71, 79, 80, 229, 251 |
| 14096 | Alcoholic beverage, wine, sherry | Flavonols | Kaempferol | 0.09 | 166 | 0.01 | 0.00 | 1.37 | B | 1, 71, 79, 80, 96, 115, 229, 232, 233, 239, 251, 268, 284 |
| | | | Myricetin | 0.42 | 219 | 0.01 | 0.00 | 1.79 | B | 1, 71, 79, 80, 86, 90, 96, 115, |