

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			
09297	Raisins, golden seedless (<i>Vitis vinifera</i>)	Flavonols	Luteolin	0.00	1		0.00	0.00	C	189			
			Kaempferol	0.00	1		0.00	0.00	C	189			
			Myricetin	0.00	1		0.00	0.00	C	189			
			Quercetin	0.00	1		0.00	0.00	C	189			
			Kaempferol	2.71	20	0.57	1.18	3.86	B	138			
			Quercetin	2.40	20	0.50	1.84	3.29	B	138			
			Cyanidin	0.03	7	0.01	0.00	0.10	B	85, 110			
			Delphinidin	0.01	7	0.00	0.00	0.02	B	85, 110			
			Malvidin	0.00	5	0.00	0.00	0.00	B	110			
			Pelargonidin	0.01	7	0.00	0.00	0.02	B	85, 110			
09298	Raisins, seedless (<i>Vitis vinifera</i>)	Anthocyanidins	Peonidin	0.00	5		0.00	0.00	B	110			
			Pelargonidin	0.00	7	0.00	0.00	0.00	B	110			
			Peonidin	0.00	5		0.00	0.00	B	110			
			Pelargonidin	0.01	7	0.00	0.00	0.02	B	85, 110			
			Flavan-3-ols	0.10	7	0.10	0.00	0.71	B	15, 110			
			(-) Epicatechin	0.00	7		0.00	0.00	B	15, 110			
			(-) Epicatechin 3-gallate	0.00	7		0.00	0.00	B	15, 110			
			(-) Epigallocatechin	0.00	7		0.00	0.00	B	15, 110			
			(-) Epigallocatechin 3-gallate	0.00	7		0.00	0.00	B	15, 110			
			(+) Catechin	0.42	7	0.42	0.00	2.97	B	15, 110			
Flavonones			(+) Gallicocatechin	0.00	7		0.00	0.00	B	15, 110			
			Hesperetin	0.00	6		0.00	0.00	B	110			
			Naringenin	0.00	6		0.00	0.00	B	110			
			Apigenin	0.00	7	0.00	0.00	0.01	B	85, 110			
			Luteolin	0.01	4	0.00	0.00	0.02	B	85, 110			
			Flavonols			Kaempferol	0.01	2		0.01	0.01	C	85
						Myricetin	0.01	7	0.00	0.00	0.03	B	85, 110
						Quercetin	0.25	7	0.24	0.00	1.70	B	85, 110
						Quercetin	0.25	7	0.24	0.00	1.70	B	85, 110