

Quercetin Content in Selected Foods, mg/100g or 3.5 oz. of edible portion

Food	Quercetin Content	Food	Quercetin Content
Capers, raw	233.84	Cabbage pakchoi, raw	5.58
Capers, canned	172.55	Black currants, raw	5.55
Elderberry juice concentrate	108.16	Crowberries, raw	5.45
Radish leaves, raw	70.37	Blueberries, raw	5.05
Chokeberry juice concentrate	68.17	Chicori greens	4.82
Coriander leaves, raw	52.90	Apples, Red Delicious, with sk	4.70
Fennel leaves, raw	48.80	Pears, raw	4.51
Elderberries, raw	42.00	Cranberries, dry, sweetened	4.50
Onions, red, raw	33.43	Lettuce, romaine	4.49
Corn poppy, leaves	26.30	Tomato puree, canned	4.12
Okra, raw	24.26	Spinach, raw	4.11
Buckwheat	23.09	Beans, snap, cooked	3.09
Onions, raw	21.42	Bilberries, raw	3.04
Bee pollen	20.95	Cherries, tart, raw	2.92
Cocoa, dry powder, unsweetened	20.13	Tea, green, brewed, decaf	2.77
Scallions, raw	18.33	Tomatoes, cherry, raw	2.76
Bog whortleberries, wild	17.70	Cherries, sweet, raw	2.64
Cranberry juice, raw	16.42	Broccoli, raw	2.51
Cranberries, raw	15.09	Mulberries, raw	2.47
Onions, sweet, raw	14.80	Peppers, sweet, green, raw	2.40
Peppers, hot chili, green, raw	14.70	Plums, purple, raw	2.19
Peas, green, raw	14.27	Wine, red	2.16
Plums, black, raw	12.45	Apricots	2.08
Asparagus, raw	12.40	Tea, black, brewed, decaf	1.99
Lettuce, red leaf	11.99	Prunes	1.80
Chokeberries, raw	8.90	Lemons, raw, without peel	1.52
Kale, raw	7.71	Grapes, red, raw	1.38
Asparagus, cooked	7.61	Raspberries	1.23
Watercress, raw	7.44	Black currant juice	1.15
Oregano, fresh	7.30	Strawberries, raw	1.14

Source: USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007)