

Foods High in Quercetin

			Quercetin Content (mg per 100g dry or 100 mL liquid)	Source
1	Capers, fresh	<i>Capparis spinosa</i>	233.84	16
2	Capers, canned	<i>Capparis spinosa</i>	172.55	16
3	Lovage leaves, raw	<i>Levisticum officinale</i>	170	16
4	Elderberry juice concentrate	<i>Sambucus</i> spp.	108.16	16
5	Dock, raw	<i>Rumex</i> spp.	86.2	16
6	Radish leaves	<i>Raphanus raphanistrum</i>	70.37	16
7	Wild rocket	<i>Diplotaxis tenuifolia</i>	66.19	16
8	Dill weed, fresh	<i>Anethum graveolens</i>	55.15	16
9	Cilantro, fresh	<i>Coriandrum sativum</i>	52.9	16
10	Banana peppers, raw	<i>Capsicum annuum</i>	50.63	16
11	Fennel leaves, raw	<i>Foeniculum vulgare</i>	48.8	16
12	Juniper berries	<i>Juniperus communis</i>	46.61	16
13	Mexican oregano	<i>Lippia graveolens</i>	42	16
14	Yellow onion, cooked (winter har	<i>Allium cepa</i> L.	41.9	17
15	Red onions, raw	<i>Allium cepa</i> L.	39.21	16
16	Carob flour	<i>Ceratonia siliqua</i>	38.78	16
17	Radicchio	<i>Cichorium intybus</i>	31.51	16
18	Red leaf lettuce	<i>Lactuca sativa</i> L. var. <i>cri</i>	30.6	17
19	Spring onions, red bulb portion	<i>Allium cepa</i> L.	30.6	16
20	Watercress, raw	<i>Nasturtium officinale</i>	29.99	16
21	Hartwort leaves	<i>Tordylium apulum</i>	29.3	16
22	Ancho peppers	<i>Capsicum annuum</i>	27.6	16
23	Elderberrines	<i>Sambucus</i> spp.	26.77	16
24	Hawthorn leaves	<i>Crataegus monogyna</i>	24.1	16
25	Asparagus, cooked	<i>Asparagus officinalis</i> L.	23.6	17
26	Kale, raw	<i>Brassica oleracea</i>	22.58	16
27	Okra, raw	<i>Abelmoschus esculentus</i>	20.97	16
28	Bee pollen	n/a	20.95	16
29	Cocoa powder	<i>Theobroma cacao</i>	20	18
30	Apples (skin only)	<i>Malus</i> genus	19.36	16
31	Chia seeds, raw	<i>Salvia hispanica</i>	18.42	16
32	Moringa	<i>Moringa oleifera</i>	16.65	16
33	Saskatoons	<i>Amelanchier canadensis</i>	16.64	16
34	Annual sow thistle, leaves	<i>Sonchus oleraceus</i>	16	16
35	Serrano peppers, raw	<i>Capsicum anuum</i>	15.98	16
36	Buckwheat	<i>Fagopyrum esculentum</i> L	15.38	16
37	Hot green chili peppers, raw	<i>Capsicum annuum</i>	14.7	16
38	Cranberries	<i>Vaccinium oxycoccos</i>	14	18
39	Goji berries, dried	<i>Lycium barbarum</i>	13.6	16
40	Red spring onions, leaves	<i>Allium cepa</i> L.	12.6	16

41	Black diamond plums, raw with p	<i>Prunus domestica</i>	12.45	16
42	Romaine lettuce	<i>Lactuca sativa L. var. lon</i>	12	17
43	Yellow onion, cooked (summer h	<i>Allium cepa L.</i>	11	17
	Scallions	<i>Allium cepa or Allium</i>		
44		<i>fistulosum</i>	10.68	16
45	Red leaf lettuce, winter harvest	<i>Lactuca sativa L. var. cri</i>	10.3	18
46	Tarragon, fresh	<i>Artemisia dracunculus</i>	10	16
47	Green chili pepper, cooked	<i>Capsicum annuum L.</i>	9.9	18
48	Sweet potato leaves, cooked	<i>Ipomoea batatas</i>	9.84	16
49	Mustard greens, raw	<i>Brassica juncea</i>	8.8	16
50	Arugula	<i>Eruca sativa</i>	7.92	16
51	Blueberries	<i>Vaccinium spp.</i>	7.67	16
52	Sea buckthorn	<i>Hippophae rhamnoides</i>	7.58	16
53	Red Swiss chard, raw	<i>Beta vulgaris subsp. Vula</i>	7.5	16
54	Lingonberries	<i>Vaccinium vitis-idaea</i>	7.4	18
55	Oregano, fresh	<i>Origanum vulgare</i>	7.3	16
56	Red kidney beans, boiled	<i>Phaseolus vulgaris</i>	6.82	16
57	Chicory greens, raw	<i>Cichorium intybus</i>	6.49	16
58	Long yellow peppers, raw	<i>Capsicum annuum</i>	6.45	16
59	Figs	<i>Ficus carica</i>	5.47	16
60	Yardlong bean, cooked	<i>Vigna unguiculata ssp. se</i>	5.3	16
61	Jalepeno peppers, raw	<i>Capsicum anuum</i>	5.07	16
	Turmeric, steamed	<i>Curcuma</i>		
62		<i>longa</i>	4.92	16
63	Chives, raw	<i>Allium schoenoprasum</i>	4.77	16
64	Acerola	<i>Malpighia emarginata</i>	4.74	16
65	Brussels sprouts, cooked	<i>Brassica oleracea</i>	4.33	16
66	Green leaf lettuce	<i>Lactuca sativa var. crisp</i>	4.16	16
67	Tomato products without added se	n/a	4.12	16
68	Apples, all varieties (fruit with ski	<i>Malus genus</i>	4.01	16
69	Spinach, raw	<i>Spinacia oleracea</i>	3.97	16
70	Tart or sour cherry juice	<i>Prunus cerasus</i>	3.88	16
71	Blackberries	<i>Rubus spp.</i>	3.58	16
72	Cherry tomatos	<i>Solanum lycopersicum</i>	3.3	17
73	Broccoli, raw	<i>Brassica oleracea var. itc</i>	3.26	16
74	Bay leaves, fresh	<i>Laurus nobilis</i>	3.19	16
75	Concord grapes	<i>Vitis vinifera</i>	3.11	16
76	Snap green peas, raw	<i>Pisum sativum</i>	2.73	16
77	Butterhead lettuce	<i>Lactuca sativa var. capit</i>	2.73	16
78	Regular green tea, brewed	<i>Camellia sinensis</i>	2.69	16
79	Collard greens, raw	<i>Brassica oleracea var. vi</i>	2.57	16
80	Cayenne peppers, raw	<i>Capsicum annuum</i>	2.48	16
81	Broccoli raab, raw	<i>Brassica ruvo</i>	2.25	16
82	Green bell peppers	<i>Capsicum annuum</i>	2.21	16
83	White Swiss chard, raw	<i>Beta vulgaris subsp. vula</i>	2.2	16

84	Romaine lettuce	<i>Lactuca sativa var. logifo</i>	2.2	16
85	Black tea, brewed	<i>Camellia sinensis</i>	2.19	16
86	Japanese green tea, brewed	<i>Camellia sinensis</i>	2.1	17
87	Applesauce, canned	<i>Malus genus</i>	2	16
88	Garlic, raw	<i>Allium sativum</i>	1.74	16
89	Apricots, raw	<i>Prunus armeniaca</i>	1.63	16
90	Pistachio nuts, raw	<i>Pistacia vera</i>	1.46	16
91	Red potatoes with skin, baked	<i>Solanum tuberosum</i>	1.43	16
92	Iceberg lettuce	<i>Lactuca sativa var. capit</i>	1.42	16
93	Oolong tea, brewed	<i>Camellia sinensis</i>	1.3	16
94	Cherries	<i>Prunus avium L.</i>	1.2	17
95	Strawberries	<i>Fragaria X ananassa</i>	1.11	16
96	Apples, all varieties (fruit without	<i>Malus genus</i>	1.05	16
97	Broccoli raab, cooked	<i>Brassica ruvo</i>	1.05	16
98	Red raspberries	<i>Rubus spp.</i>	1.05	16
99	Red grapes	<i>Vitis vinifera</i>	1.04	16
100	Red wine	n/a	1.04	16

Sources:

[USDA Special Interest Databases on Flavonoids \(16\)](#)

[Nishimuro H, Est. daily intake and seasonal food sources of quercetin in Japan \(17\)](#)

[Larson AJ, Symons JD, Jalili T. Quercetin: A Treatment for Hypertension? \(18\)](#)