

Foods Rich in Quercetin List

This list provides quercetin content in foods alongside their histamine compatibility. It is based on the information in Chapter 52, "Foods Rich in Quercetin," and the SIGHI Food Compatibility List (Swiss Interest Group Histamine Intolerance). Items not included in SIGHI were cross-checked for accuracy using InTolerApp, Histamino.com, and Casa de Sante.[125,241–243] The Histamine Compatibility / Notes column reflects typical tolerability for individuals sensitive to histamine or mast cell stimulators.

Legend: Safe = S · Likely safe = ?S · Moderate = M · Problematic = P · Incompatible = X · Variable = V · High histamine = HH · Low histamine = LH · Histamine liberator = HL · Mild liberator = ML · Mast cell stimulator = MC-S · DAO blocker = DAO-B · High salicylates = HS · Other amines = OA · Insufficient data = ID · Contradictory data = CD · Potential/likely = ?

Food / Quercetin (mg per 100 g / 100 ml) / Histamine Compatibility / Notes

Capers	233.84	ID
Capers, canned	172.55	X / HH (pickling)
Lovage leaves	170	?S / ID
Elderberry juice concentrate*	108.16	S (fruit) / V (juice concentrate) / ID
Dock	86.2	ID
Radish leaves	70.37	?S / ID
Wild rocket	66.19	X / HL
Dill	55.15	S in small amounts / ML / HS
Cilantro	52.9	S in small amounts
Banana peppers	50.63	ID / ?MC-S (capsaicin)
Fennel leaves	48.8	?S / ID
Juniper berries	46.61	?S / ID
Mexican oregano	42	?S / ID
Yellow onion, cooked	41.9	M / HL
Red onions	39.21	M / HL
Carob flour	38.78	X / ?HL
Radicchio	31.51	?S / M / CD
Red leaf lettuce	30.6	?S
Spring onions (red bulb)	30.6	S / ML for some
Watercress	29.99	S
Hartwort leaves	29.3	ID
Ancho peppers	27.6	P / MC-S (capsaicin)
Elderberries	26.77	?S / V / ID
Hawthorn leaves*	24.1	?S / ID
Asparagus, cooked	23.6	S
Kale	22.58	?S / ID
Okra	20.97	?S / ID
Bee pollen	20.95	V / ID
Cocoa powder	20	HH / HL / OA
Apples, skin only	19.36	S
Chia seeds	18.42	S
Moringa	16.65	?S / ID
Saskatoons	16.64	ID
Annual sow thistle	16	ID
Serrano peppers	15.98	P / MC-S (capsaicin)

Buckwheat	15.38	X / ?HL / OA
Hot green chili pepper	14.7	P / MC-S (capsaicin)
Cranberries	14	S
Goji berries, dried	13.6	S (unsulfured)
Red spring onion leaves	12.6	?S / ID
Black diamond plums	12.45	?M / ML
Romaine lettuce (source 1)	12	S
Yellow onion cooked (summer)	11	M / ML
Scallions	10.68	?S / ML
Red leaf lettuce (winter)	10.3	?S
Tarragon	10	?M / ID
Green chili pepper, cooked	9.9	P / MC-S (capsaicin)
Sweet potato leaves, cooked	9.84	?S / ID
Mustard greens	8.8	?S / ID
Arugula	7.92	?S
Blueberries	7.67	S
Sea buckthorn	7.58	S
Red Swiss chard	7.5	M / ?HL
Lingonberries	7.4	S if not overripe
Oregano	7.3	S
Red kidney beans, boiled	6.82	LH / ?HL
Chicory greens	6.49	?S / ?P (inulin)
Long yellow peppers (hot)	6.45	P / MC-S (capsaicin)
Figs	5.47	M / ML
Yardlong bean, cooked	5.3	ID
White sweet onion	5.19	S
Jalapeño peppers	5.07	P / MC-S (capsaicin)
Turmeric, steamed	4.92	S
Chives	4.77	S in small amounts / M
Acerola	4.74	S
Brussels sprouts, cooked	4.33	S for most / M / ML
Green leaf lettuce	4.16	S
Tomato products, no salt	4.12	HH / HL
Apples, all varieties, w/skin	4.01	S
Spinach	3.97	X / ?S when fresh / CD
Tart or sour cherry juice	3.88	V / ?HL
Blackberries	3.58	S
Celery	3.5	S
Cherry tomatoes	3.3	?S if not overripe
Broccoli	3.26	S
Bay leaves	3.19	?S
Concord grapes	3.11	?S in moderation / ?OA
Bilberries	3.04	?S / ID
Snap green peas	2.73	S for some / M / ID
Butterhead lettuce	2.73	S
Green tea, brewed	2.69	X / M / DAO-B (fermentation)
Collard greens	2.57	?S / ID
Black grapes	2.54	?S in moderation / ?OA
Cayenne peppers	2.48	P / MC-S (capsaicin)
Broccoli rabe	2.25	S
Green bell peppers	2.21	S / ML for some

White Swiss chard	2.2	M / ?HL
Romaine lettuce (source 2)	2.2	S
Black tea, brewed	2.19	X / HH / DAO-B
Japanese green tea, brewed	2.1	X / M / DAO-B (fermentation)
Applesauce, canned	2	?S / ?HL (preservation)
Garlic	1.74	S in small amounts/cooked / M
Apricots	1.63	S
Pistachio nuts	1.46	S for most
Red potatoes with skin, baked	1.43	?S / ?P (skin) / ID
Iceberg lettuce	1.42	S
Oolong tea, brewed	1.3	V / P (fermentation) / ID
Cherries	1.2	S
Strawberries	1.11	HH / HL / OA
Apples, all, fruit without skin	1.05	S
Broccoli rabe cooked	1.05	S
Red raspberries	1.05	X
Red grapes	1.04	?S in moderation / ?OA
Red wine	1.0	HH / HL / OA / DAO-B

*Elderberry juice may provoke flare-ups in autoimmune diseases.

*Hawthorn leaves are not recommended for low blood pressure.