

USDA National Nutrient Database - Potassium, K (mg)

#	NDB	Mg per Kg	
1	18373	16500	Leavening agents, cream of tartar
2	18371	10100	Leavening agents, baking powder, low-sodium
3	11625	6300	Parsley, freeze-dried
4	14353	6040	Beverages, tea, instant, decaffeinated, unsweetened
5	14366	6040	Beverages, tea, instant, unsweetened, powder
6	2008	4740	Spices, chervil, dried
7	2012	4466	Spices, coriander leaf, dried
8	14203	3535	Beverages, coffee, instant, regular, half the caffeine
9	14214	3535	Beverages, coffee, instant, regular, powder
10	14218	3501	Beverages, coffee, instant, decaffeinated, powder
11	11432	3494	Radishes, oriental, dried
12	14368	3453	Beverages, tea, instant, lemon, unsweetened
13	11955	3427	Tomatoes, sun-dried
14	14222	3395	Beverages, coffee, instant, with chicory
15	2017	3308	Spices, dill weed, dried
16	11634	3170	Peppers, sweet, green, freeze-dried
17	11931	3170	Peppers, sweet, red, freeze-dried
18	14409	3132	Beverages, Orange-flavor drink, breakfast type, low calorie, powder
19	16425	3098	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein
20	2041	3020	Spices, tarragon, dried
21	11615	2960	Chives, freeze-dried
22	31019	2944	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry
23	14196	2702	Beverages, Cocoa mix, no sugar added, powder Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A
24	14538	2702	
25	2029	2683	Spices, parsley, dried
26	2003	2630	Spices, basil, dried
27	14356	2568	Beverages, tea, instant, decaffeinated, lemon, diet Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder
28	14375	2568	
29	11683	2540	Carrot, dehydrated
30	43345	2518	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie
31	16115	2515	Soy flour, full-fat, raw
32	19166	2509	Cocoa, dry powder, unsweetened, processed with alkali
33	19860	2509	Cocoa, dry powder, hi-fat or breakfast, processed with alkali
34	16119	2490	Soy meal, defatted, raw
35	14236	2443	Beverages, coffee substitute, cereal grain beverage, powder
36	11978	2411	Peppers, ancho, dried
37	11624	2400	Leeks, (bulb and lower-leaf portion), freeze-dried
38	16117	2384	Soy flour, defatted
39	1113	2289	Whey, acid, dried
40	2028	2280	Spices, paprika
41	14422	2240	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder

42	11982	2222	Peppers, pasilla, dried
43	16121	2202	Soy protein concentrate, produced by alcohol extraction
44	43078	2200	Beverage, milkshake mix, dry, not chocolate
45	12193	2130	Seeds, sisymbrium sp. seeds, whole, dried
46	43406	2100	Yeast extract spread
47	16118	2090	Soy flour, low-fat
48	1115	2080	Whey, sweet, dried
49	2043	2080	Spices, turmeric, ground
50	16116	2041	Soy flour, full-fat, roasted
51	2031	2014	Spices, pepper, red or cayenne
52	12005	2011	Seeds, breadnut tree seeds, dried
53	19703	1985	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C
54	2009	1950	Spices, chili powder
55	2066	1924	Spearmint, dried
56	16106	1902	Meat extender
57	11962	1870	Peppers, hot chile, sun-dried
58	12011	1869	Seeds, cottonseed meal, partially defatted (glandless)
59	14204	1856	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener
60	9030	1850	Apricots, dehydrated (low-moisture), sulfured, uncooked
61	11382	1848	Potatoes, mashed, dehydrated, granules with milk, dry form
62	16108	1797	Soybeans, mature seeds, raw
63	16049	1795	Beans, white, mature seeds, raw
64	1091	1794	Milk, dry, nonfat, regular, without added vitamin A and vitamin D
65	1154	1794	Milk, dry, nonfat, regular, with added vitamin A and vitamin D
66	2014	1788	Spices, cumin seed
67	12007	1772	Seeds, cottonseed flour, partially defatted (glandless)
68	12008	1761	Seeds, cottonseed flour, low fat (glandless)
69	19422	1744	Snacks, potato chips, reduced fat
70	19823	1744	Potato chips, without salt, reduced fat
71	2037	1724	Spices, saffron
72	16071	1724	Lima beans, large, mature seeds, raw
73	43260	1705	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted
74	1092	1705	Milk, dry, nonfat, instant, with added vitamin A and vitamin D
75	1155	1705	Milk, dry, nonfat, instant, without added vitamin A and vitamin D
76	14063	1705	Beverages, chocolate powder, no sugar added
77	2018	1694	Spices, fennel seed
78	11640	1650	Shallots, freeze-dried
79	19437	1628	Snacks, potato chips, fat free, salted
80	11284	1622	Onions, dehydrated flakes
81	1094	1592	Milk, buttermilk, dried
82	16422	1590	Soy protein isolate, potassium type
83	11237	1582	Kanpyo, (dried gourd strips)
84	19859	1574	Cocoa, dry powder, hi-fat or breakfast, plain
85	11956	1565	Tomatoes, sun-dried, packed in oil, drained

86	16045	1542	Beans, small white, mature seeds, raw
87	11268	1534	Mushrooms, shiitake, dried
88	19421	1528	Snacks, potato chips, cheese-flavor
89	19165	1524	Cocoa, dry powder, unsweetened
90	2023	1522	Spices, marjoram, dried
91	16016	1500	Beans, black turtle, mature seeds, raw
92	9041	1491	Bananas, dehydrated, or banana powder
93	16030	1490	Beans, kidney, california red, mature seeds, raw
94	20060	1485	Rice bran, crude
95	16014	1483	Beans, black, mature seeds, raw
96	16110	1470	Soybeans, mature seeds, roasted, salted
97	16410	1470	Soybeans, mature seeds, roasted, no salt added
98	16040	1464	Beans, pink, mature seeds, raw
99	19304	1464	Molasses
100	15018	1458	Fish, cod, Atlantic, dried and salted
101	2002	1441	Spices, anise seed
102	1021	1409	Cheese, gjetost
103	16027	1406	Beans, kidney, all types, mature seeds, raw
104	16074	1403	Lima beans, thin seeded (baby), mature seeds, raw
105	2007	1400	Spices, celery seed
106	16042	1393	Beans, pinto, mature seeds, raw
107	16101	1392	Pigeon peas (red gram), mature seeds, raw
108	16024	1387	Beans, great northern, mature seeds, raw
109	16060	1375	Cowpeas, catjang, mature seeds, raw
110	7913	1372	Salami, pork, beef, less sodium
111	12013	1368	Seeds, lotus seeds, dried
112	16111	1364	Soybeans, mature seeds, dry roasted
113	11667	1363	Seaweed, spirulina, dried
114	16032	1359	Beans, kidney, red, mature seeds, raw
115	16100	1358	Peanut flour, low fat
116	2005	1351	Spices, caraway seed
117	9244	1351	Peaches, dehydrated (low-moisture), sulfured, uncooked
118	12160	1350	Seeds, cottonseed kernels, roasted (glandless)
119	16035	1346	Beans, kidney, royal red, mature seeds, raw
120	16019	1332	Beans, cranberry (roman), mature seeds, raw
121	19043	1331	Snacks, potato chips, sour-cream-and-onion-flavor
122	1090	1330	Milk, dry, whole, with added vitamin D
123	1212	1330	Milk, dry, whole, without added vitamin D
124	3211	1330	Babyfood, cereal, high protein, with apple and orange, dry
125	2030	1329	Spices, pepper, black
126	2021	1320	Spices, ginger, ground
127	16022	1316	Beans, french, mature seeds, raw
128	25064	1304	Snacks, potato chips, lightly salted
129	16099	1290	Peanut flour, defatted

130	8363	1284	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran
131	44061	1279	Puddings, chocolate flavor, low calorie, instant, dry mix
132	19809	1275	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted
133	19810	1275	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted
134	19811	1275	Snacks, potato chips, plain, unsalted
135	35196	1270	Lambsquarters, raw (Northern Plains Indians)
136	2013	1267	Spices, coriander seed
137	25030	1266	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS
138	2027	1260	Spices, oregano, dried
139	16001	1254	Beans, adzuki, mature seeds, raw
140	6969	1248	Potato soup, instant, dry mix
141	16080	1246	Mung beans, mature seeds, raw
142	19415	1237	Snacks, potato sticks
143	16067	1235	Hyacinth beans, mature seeds, raw
144	12012	1200	Seeds, hemp seed, hulled
145	19411	1196	Snacks, potato chips, plain, salted
146	2020	1193	Spices, garlic powder
147	16078	1191	Mothbeans, mature seeds, raw