

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                                     | Weight (g) | Common Measure | Content per Measure |
|--------|---------------------------------------------------------------------------------|------------|----------------|---------------------|
| 11546  | Tomato products, canned, paste, without salt added                              | 262        | 1 cup          | 2656.680            |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted                        | 213        | 6-fl-oz can    | 1435.620            |
| 11087  | Beet greens, cooked, boiled, drained, without salt                              | 144        | 1 cup          | 1308.960            |
| 16051  | Beans, white, mature seeds, canned                                              | 262        | 1 cup          | 1189.480            |
| 09087  | Dates, deglet noor                                                              | 178        | 1 cup          | 1167.680            |
| 21138  | Fast foods, potato, french fried in vegetable oil                               | 169        | 1 large        | 1164.410            |
| 01095  | Milk, canned, condensed, sweetened                                              | 306        | 1 cup          | 1135.260            |
| 11547  | Tomato products, canned, puree, without salt added                              | 250        | 1 cup          | 1097.500            |
| 09298  | Raisins, seedless                                                               | 145        | 1 cup          | 1086.050            |
| 11674  | Potato, baked, flesh and skin, without salt                                     | 202        | 1 potato       | 1080.700            |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted             | 207        | 6-fl-oz can    | 1001.880            |
| 19061  | Snacks, trail mix, tropical                                                     | 140        | 1 cup          | 992.600             |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter                     | 245        | 1 cup          | 970.200             |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt                          | 180        | 1 cup          | 970.200             |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt                   | 188        | 1 cup          | 955.040             |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds         | 146        | 1 cup          | 946.080             |
| 11372  | Potatoes, scalloped, home-prepared with butter                                  | 245        | 1 cup          | 926.100             |
| 21138  | Fast foods, potato, french fried in vegetable oil                               | 134        | 1 medium       | 923.260             |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                           | 159        | 1/2 fillet     | 915.840             |
| 11370  | Potatoes, hashed brown, home-prepared                                           | 156        | 1 cup          | 898.560             |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                      | 205        | 1 cup          | 895.850             |
| 09277  | Plantains, raw                                                                  | 179        | 1 medium       | 893.210             |
| 16109  | Soybeans, mature cooked, boiled, without salt                                   | 172        | 1 cup          | 885.800             |
| 01097  | Milk, canned, evaporated, nonfat                                                | 256        | 1 cup          | 849.920             |
| 12167  | Nuts, chestnuts, european, roasted                                              | 143        | 1 cup          | 846.560             |
| 11458  | Spinach, cooked, boiled, drained, without salt                                  | 180        | 1 cup          | 838.800             |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                | 539        | 1 head         | 819.280             |
| 11549  | Tomato products, canned, sauce                                                  | 245        | 1 cup          | 810.950             |
| 09292  | Plums, dried (prunes), stewed, without added sugar                              | 248        | 1 cup          | 796.080             |
| 11512  | Sweetpotato, canned, vacuum pack                                                | 255        | 1 cup          | 795.600             |
| 09226  | Papayas, raw                                                                    | 304        | 1 papaya       | 781.280             |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat                        | 149        | 1 fillet       | 774.800             |
| 01096  | Milk, canned, evaporated, without added vitamin A                               | 252        | 1 cup          | 763.560             |
| 16011  | Beans, baked, canned, with pork and tomato sauce                                | 253        | 1 cup          | 759.000             |
| 16006  | Beans, baked, canned, plain or vegetarian                                       | 254        | 1 cup          | 751.840             |
| 11461  | Spinach, canned, drained solids                                                 | 214        | 1 cup          | 740.440             |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180        | 1 cup          | 739.800             |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve                                | 250        | 1 cup          | 737.500             |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt                             | 198        | 1 cup          | 730.620             |
| 21082  | Fast foods, taco                                                                | 263        | 1 large        | 728.510             |
| 09278  | Plantains, cooked                                                               | 154        | 1 cup          | 716.100             |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt                  | 177        | 1 cup          | 713.310             |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt                         | 196        | 1 cup          | 709.520             |
| 09294  | Prune juice, canned                                                             | 256        | 1 cup          | 706.560             |

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| 11508  | Sweetpotato, cooked, baked in skin, without salt                                    | 146        | 1 potato       | 693.500             |
| 20011  | Buckwheat flour, whole-groat                                                        | 120        | 1 cup          | 692.400             |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt                   | 177        | 1 cup          | 692.070             |
| 21042  | Fast foods, chili con carne                                                         | 253        | 1 cup          | 690.690             |
| 11192  | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt          | 165        | 1 cup          | 689.700             |
| 11655  | Carrot juice, canned                                                                | 236        | 1 cup          | 689.120             |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added                     | 210        | 1 cup          | 684.600             |
| 16010  | Beans, baked, canned, with pork and sweet sauce                                     | 253        | 1 cup          | 672.980             |
| 16103  | Refried beans, canned (includes USDA commodity)                                     | 252        | 1 cup          | 672.840             |
| 01110  | Milk shakes, thick chocolate                                                        | 300        | 10.6 fl oz     | 672.000             |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt                             | 182        | 1 cup          | 669.760             |
| 14346  | Shake, fast food, chocolate                                                         | 333        | 16 fl oz       | 666.000             |
| 16034  | Beans, kidney, red, mature seeds, canned                                            | 256        | 1 cup          | 657.920             |
| 11226  | Jerusalem-artichokes, raw                                                           | 150        | 1 cup          | 643.500             |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt  | 170        | 1 cup          | 637.500             |
| 11414  | Potato salad, home-prepared                                                         | 250        | 1 cup          | 635.000             |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt                  | 170        | 1 cup          | 630.700             |
| 11657  | Potatoes, mashed, home-prepared, whole milk added                                   | 210        | 1 cup          | 621.600             |
| 19080  | Candies, semisweet chocolate                                                        | 168        | 1 cup          | 613.200             |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt                            | 172        | 1 cup          | 610.600             |
| 11363  | Potatoes, baked, flesh, without salt                                                | 156        | 1 potato       | 609.960             |
| 16008  | Beans, baked, canned, with franks                                                   | 259        | 1 cup          | 608.650             |
| 22904  | Chili con carne with beans, canned entree                                           | 222        | 1 cup          | 608.280             |
| 21077  | Fast foods, frijoles with cheese                                                    | 167        | 1 cup          | 604.540             |
| 15034  | Fish, haddock, cooked, dry heat                                                     | 150        | 1 fillet       | 598.500             |
| 11672  | Potato pancakes, home-prepared                                                      | 76         | 1 pancake      | 597.360             |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt                | 168        | 1 cup          | 594.720             |
| 21070  | Fast foods, chimichanga, with beef                                                  | 174        | 1 chimichanga  | 586.380             |
| 21138  | Fast foods, potato, french fried in vegetable oil                                   | 85         | 1 small        | 585.650             |
| 15086  | Fish, salmon, sockeye, cooked, dry heat                                             | 155        | 1/2 fillet     | 581.250             |
| 14347  | Shake, fast food, vanilla                                                           | 333        | 16 fl oz       | 579.420             |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce                              | 227        | 8-oz container | 578.850             |
| 14316  | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265        | 1 cup          | 577.700             |
| 20012  | Bulgur, dry                                                                         | 140        | 1 cup          | 574.000             |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt             | 190        | 1 cup          | 573.800             |
| 01111  | Milk shakes, thick vanilla                                                          | 313        | 11 fl oz       | 572.790             |
| 11299  | Parsnips, cooked, boiled, drained, without salt                                     | 156        | 1 cup          | 572.520             |
| 21114  | Fast foods, hamburger, large, double patty, with condiments and vegetables          | 226        | 1 sandwich     | 569.520             |
| 11423  | Pumpkin, cooked, boiled, drained, without salt                                      | 245        | 1 cup          | 563.500             |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt                                     | 165        | 1 cup          | 561.000             |
| 20005  | Barley, pearled, raw                                                                | 200        | 1 cup          | 560.000             |
| 05142  | Duck, domesticated, meat only, cooked, roasted                                      | 221        | 1/2 duck       | 556.920             |

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|--------|---------------------------------------------------------------------------------------------|------------|----------------|---------------------|
| 11540  | Tomato juice, canned, with salt added                                                       | 243        | 1 cup          | 556.470             |
| 11261  | Mushrooms, cooked, boiled, drained, without salt                                            | 156        | 1 cup          | 555.360             |
| 11436  | Rutabagas, cooked, boiled, drained, without salt                                            | 170        | 1 cup          | 554.200             |
| 09040  | Bananas, raw                                                                                | 150        | 1 cup          | 537.000             |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter                    | 245        | 1 cup          | 536.550             |
| 15160  | Mollusks, clam, mixed species, canned, drained solids                                       | 85         | 3 oz           | 533.800             |
| 20033  | Oat bran, raw                                                                               | 94         | 1 cup          | 532.040             |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce                                        | 227        | 8-oz container | 531.180             |
| 16073  | Lima beans, large, mature seeds, canned                                                     | 241        | 1 cup          | 530.200             |
| 14310  | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk           | 265        | 1 cup          | 530.000             |
| 11533  | Tomatoes, red, ripe, canned, stewed                                                         | 255        | 1 cup          | 527.850             |
| 21111  | Fast foods, hamburger, regular, double patty, with condiments                               | 215        | 1 sandwich     | 526.750             |
| 11081  | Beets, cooked, boiled, drained                                                              | 170        | 1 cup          | 518.500             |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt         | 170        | 1 cup          | 516.800             |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt                                       | 136        | 1 potato       | 515.440             |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                  | 156        | 1 cup          | 511.680             |
| 18371  | Leavening agents, baking powder, low-sodium                                                 | 5          | 1 tsp          | 505.000             |
| 15141  | Crustaceans, crab, blue, canned                                                             | 135        | 1 cup          | 504.900             |
| 11424  | Pumpkin, canned, without salt                                                               | 245        | 1 cup          | 504.700             |
| 19305  | Molasses, blackstrap                                                                        | 20         | 1 tbsp         | 498.400             |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter                    | 245        | 1 cup          | 497.350             |
| 09206  | Orange juice, raw                                                                           | 248        | 1 cup          | 496.000             |
| 18373  | Leavening agents, cream of tartar                                                           | 3          | 1 tsp          | 495.000             |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt                                     | 156        | 1 cup          | 494.520             |
| 19422  | Snacks, potato chips, reduced fat                                                           | 28.35      | 1 oz           | 494.424             |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt                                    | 171        | 1 cup          | 494.190             |
| 21086  | Fast foods, tostada, with beans, beef, and cheese                                           | 225        | 1 tostada      | 490.500             |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                                       | 85         | 3 oz           | 489.600             |
| 19087  | Candies, confectioner's coating, white                                                      | 170        | 1 cup          | 486.200             |
| 20080  | Wheat flour, whole-grain                                                                    | 120        | 1 cup          | 486.000             |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat                                              | 85         | 3 oz           | 483.650             |
| 21113  | Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables | 218        | 1 sandwich     | 479.600             |
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt  | 172        | 1 cup          | 478.160             |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt         | 164        | 1 cup          | 477.240             |
| 11581  | Vegetables, mixed, canned, drained solids                                                   | 163        | 1 cup          | 474.330             |
| 21082  | Fast foods, taco                                                                            | 171        | 1 small        | 473.670             |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water                  | 249        | 1 cup          | 473.100             |
| 09209  | Orange juice, chilled, includes from concentrate                                            | 249        | 1 cup          | 473.100             |
| 11578  | Vegetable juice cocktail, canned                                                            | 242        | 1 cup          | 467.060             |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk                             | 266        | 1 cup          | 457.520             |

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|--------|-------------------------------------------------------------------------------|------------|-----------------|---------------------|
| 11091  | Broccoli, cooked, boiled, drained, without salt                               | 156        | 1 cup           | 457.080             |
| 11531  | Tomatoes, red, ripe, canned, whole, regular pack                              | 240        | 1 cup           | 451.200             |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt               | 155        | 1 cup           | 449.500             |
| 06359  | Soup, tomato, canned, prepared with equal volume milk, commercial             | 248        | 1 cup           | 448.880             |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid                                | 85         | 3 oz            | 448.800             |
| 21054  | Fast foods, salad, vegetable, tossed, without dressing, with chicken          | 218        | 1-1/2 cups      | 446.900             |
| 21098  | Fast foods, cheeseburger, large, single patty, with condiments and vegetables | 219        | 1 sandwich      | 444.570             |
| 09223  | Tangerine juice, canned, sweetened                                            | 249        | 1 cup           | 443.220             |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                    | 135        | 1 potato        | 442.800             |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce                          | 227        | 8-oz container  | 442.650             |
| 11205  | Cucumber, with peel, raw                                                      | 301        | 1 large         | 442.470             |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat                      | 85         | 3 oz            | 442.000             |
| 15192  | Fish, cod, Pacific, cooked, dry heat                                          | 85         | 3 oz            | 439.450             |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                  | 127        | 1 fillet        | 436.880             |
| 09207  | Orange juice, canned, unsweetened                                             | 249        | 1 cup           | 435.750             |
| 22121  | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen                 | 85         | 1 patty         | 433.500             |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt                           | 184        | 1 cup           | 430.560             |
| 09181  | Melons, cantaloupe, raw                                                       | 160        | 1 cup           | 427.200             |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt              | 170        | 1 cup           | 426.700             |
| 11529  | Tomatoes, red, ripe, raw, year round average                                  | 180        | 1 cup           | 426.600             |
| 11144  | Celery, cooked, boiled, drained, without salt                                 | 150        | 1 cup           | 426.000             |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve, commercial               | 243        | 1 cup           | 425.250             |
| 01104  | Milk, chocolate, fluid, commercial, lowfat                                    | 250        | 1 cup           | 425.000             |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt          | 120        | 1 medium        | 424.800             |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat                               | 250        | 1 cup           | 422.500             |
| 09040  | Bananas, raw                                                                  | 118        | 1 banana        | 422.440             |
| 01057  | Eggnog                                                                        | 254        | 1 cup           | 419.100             |
| 01102  | Milk, chocolate, fluid, commercial,                                           | 250        | 1 cup           | 417.500             |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt                           | 130        | 1 cup           | 417.300             |
| 05168  | Turkey, all classes, meat only, cooked, roasted                               | 140        | 1 cup           | 417.200             |
| 21083  | Fast foods, taco salad                                                        | 198        | 1-1/2 cups      | 415.800             |
| 22907  | Pasta with meatballs in tomato sauce, canned entree                           | 252        | 1 cup           | 415.800             |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned                 | 240        | 1 cup           | 412.800             |
| 16064  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain   | 240        | 1 cup           | 412.800             |
| 22401  | Spaghetti w/Meat Sauce, frozen entree                                         | 283        | 1 package       | 407.520             |
| 09032  | Apricots, dried, sulfured, uncooked                                           | 35         | 10 halves       | 406.700             |
| 14196  | Cocoa mix, no sugar added, powder                                             | 15         | 1/2 oz envelope | 405.300             |
| 14390  | Cocoa mix, with aspartame, powder, prepared from item 14196                   | 192        | 1 serving       | 405.120             |
| 09124  | Grapefruit juice, white, canned, sweetened                                    | 250        | 1 cup           | 405.000             |
| 22905  | Beef stew, canned entree                                                      | 232        | 1 cup           | 403.680             |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids                   | 244        | 1 cup           | 402.600             |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water, commercial    | 253        | 1 cup           | 402.270             |

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|--------|--------------------------------------------------------------------------------------------|------------|---------------------|---------------------|
| 11439  | Sauerkraut, canned, solids and liquids                                                     | 236        | 1 cup               | 401.200             |
| 09128  | Grapefruit juice, white, raw                                                               | 247        | 1 cup               | 400.140             |
| 09404  | Grapefruit juice, pink, raw                                                                | 247        | 1 cup               | 400.140             |
| 06067  | Soup, vegetable, canned, chunky, ready-to-serve, commercial                                | 240        | 1 cup               | 396.000             |
| 21033  | Fast foods, sundae, hot fudge                                                              | 158        | 1 sundae            | 395.000             |
| 21124  | Fast foods, submarine sandwich, with cold cuts                                             | 228        | 1 sandwich, 6" roll | 394.440             |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A                                           | 23         | 1/3 cup             | 392.150             |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat                            | 145        | 1 cup               | 391.500             |
| 15111  | Fish, swordfish, cooked, dry heat                                                          | 106        | 1 piece             | 391.140             |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                                     | 210        | 1 cup               | 390.600             |
| 06166  | Sauce, homemade, white, medium                                                             | 250        | 1 cup               | 390.000             |
| 09246  | Peaches, dried, sulfured, uncooked                                                         | 39         | 3 halves            | 388.440             |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                                      | 252        | 1 cup               | 388.080             |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw                                  | 163        | 1 head              | 387.940             |
| 09184  | Melons, honeydew, raw                                                                      | 170        | 1 cup               | 387.600             |
| 11301  | Peas, edible-podded, cooked, boiled, drained, without salt                                 | 160        | 1 cup               | 384.000             |
| 01085  | Milk, nonfat, fluid, with added vitamin A (fat free or skim)                               | 245        | 1 cup               | 382.200             |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt            | 164        | 1 cup               | 382.120             |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried    | 85         | 3 oz                | 381.650             |
| 11206  | Cucumber, peeled, raw                                                                      | 280        | 1 large             | 380.800             |
| 11647  | Sweetpotato, canned, syrup pack, drained solids                                            | 196        | 1 cup               | 378.280             |
| 09123  | Grapefruit juice, white, canned, unsweetened                                               | 247        | 1 cup               | 377.910             |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor                                          | 28.35      | 1 oz                | 377.339             |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat                                             | 85         | 3 oz                | 374.850             |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt                                 | 125        | 1 cup               | 373.750             |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN                                       | 61         | 1 cup               | 372.100             |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted      | 85         | 3 oz                | 371.450             |
| 21053  | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg                | 217        | 1-1/2 cups          | 371.070             |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat                                                  | 245        | 1 cup               | 369.950             |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt                               | 164        | 1 cup               | 367.360             |
| 06024  | Soup, chicken vegetable, canned, chunky, ready-to-serve                                    | 240        | 1 cup               | 367.200             |
| 11125  | Carrots, cooked, boiled, drained, without salt                                             | 156        | 1 cup               | 366.600             |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A                                 | 244        | 1 cup               | 366.000             |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A                                      | 244        | 1 cup               | 366.000             |
| 15128  | Fish, tuna salad                                                                           | 205        | 1 cup               | 364.900             |
| 22402  | HEALTHY CHOICE Beef Macaroni, frozen entree                                                | 240        | 1 package           | 364.800             |
| 09184  | Melons, honeydew, raw                                                                      | 160        | 1/8 melon           | 364.800             |
| 19811  | Snacks, potato chips, plain, unsalted                                                      | 28.35      | 1 oz                | 361.463             |
| 19411  | Snacks, potato chips, plain, salted                                                        | 28.35      | 1 oz                | 361.463             |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85         | 3 oz                | 361.250             |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids                          | 258        | 1 cup               | 361.200             |
| 09226  | Papayas, raw                                                                               | 140        | 1 cup               | 359.800             |

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| 11510  | Sweetpotato, cooked, boiled, without skin                                                                   | 156        | 1 potato            | 358.800             |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted                    | 85         | 3 oz                | 357.850             |
| 19042  | Snacks, potato chips, barbecue-flavor                                                                       | 28.35      | 1 oz                | 357.494             |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran                                                      | 55         | 1 cup               | 354.200             |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese                                                     | 183        | 1 sandwich          | 353.190             |
| 21102  | Fast foods, chicken fillet sandwich, plain                                                                  | 182        | 1 sandwich          | 353.080             |
| 11124  | Carrots, raw                                                                                                | 110        | 1 cup               | 352.000             |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce                                                      | 227        | 8-oz container      | 351.850             |
| 20020  | Cornmeal, whole-grain, yellow                                                                               | 122        | 1 cup               | 350.140             |
| 01077  | Milk, whole, 3.25% milkfat                                                                                  | 244        | 1 cup               | 348.920             |
| 11283  | Onions, cooked, boiled, drained, without salt                                                               | 210        | 1 cup               | 348.600             |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt                                          | 160        | 1 cup               | 347.200             |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt                                        | 180        | 1 cup               | 345.600             |
| 16120  | Soy milk, fluid                                                                                             | 245        | 1 cup               | 345.450             |
| 01164  | Cheese sauce, prepared from recipe                                                                          | 243        | 1 cup               | 345.060             |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                                     | 85         | 3 oz                | 344.250             |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack                                                      | 256        | 1 cup               | 343.040             |
| 13287  | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled                    | 85         | 3 oz                | 342.550             |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added                | 210        | 1 cup               | 340.200             |
| 15034  | Fish, haddock, cooked, dry heat                                                                             | 85         | 3 oz                | 339.150             |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original                                                  | 30         | 1/2 cup             | 339.000             |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone                                            | 85.05      | 3 oz                | 337.649             |
| 06204  | Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve                                             | 242        | 1 cup               | 336.380             |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water                       | 247        | 1 cup               | 335.920             |
| 13184  | Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted            | 85         | 3 oz                | 335.750             |
| 06174  | Soup, stock, fish, home-prepared                                                                            | 233        | 1 cup               | 335.520             |
| 21126  | Fast foods, submarine sandwich, with tuna salad                                                             | 256        | 1 sandwich, 6" roll | 335.360             |
| 21093  | Fast foods, cheeseburger, regular, double patty, with condiments and vegetables                             | 166        | 1 sandwich          | 335.320             |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid                                           | 250        | 1 cup               | 335.000             |
| 09135  | Grape juice, canned or bottled, unsweetened, without added vitamin C                                        | 253        | 1 cup               | 333.960             |
| 09340  | Pears, asian, raw                                                                                           | 275        | 1 pear              | 332.750             |
| 11364  | Potatoes, baked, skin, without salt                                                                         | 58         | 1 skin              | 332.340             |
| 21097  | Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments                   | 195        | 1 sandwich          | 331.500             |
| 19077  | Baking chocolate, unsweetened, liquid                                                                       | 28.35      | 1 oz                | 330.561             |
| 21125  | Fast foods, submarine sandwich, with roast beef                                                             | 216        | 1 sandwich, 6" roll | 330.480             |
| 15067  | Fish, pollock, walleye, cooked, dry heat                                                                    | 85         | 3 oz                | 328.950             |
| 21063  | Fast foods, burrito, with beans and meat                                                                    | 115.5      | 1 burrito           | 328.020             |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids                                          | 254        | 1 cup               | 327.660             |
| 09189  | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened | 250        | 1 cup               | 327.500             |
| 15232  | Fish, roughy, orange, cooked, dry heat                                                                      | 85         | 3 oz                | 327.250             |

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## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                                                         | Weight (g) | Common Measure | Content per Measure |
|--------|-----------------------------------------------------------------------------------------------------|------------|----------------|---------------------|
| 09200  | Oranges, raw, all commercial varieties                                                              | 180        | 1 cup          | 325.800             |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised                                      | 85         | 3 oz           | 325.550             |
| 09250  | Peaches, frozen, sliced, sweetened                                                                  | 250        | 1 cup          | 325.000             |
| 21088  | Tostada with guacamole                                                                              | 130.5      | 1 tostada      | 324.945             |
| 18116  | Cake, gingerbread, prepared from recipe                                                             | 74         | 1 piece        | 324.860             |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered                                              | 145        | 1 cup          | 324.800             |
| 18376  | Bread crumbs, dry, grated, seasoned                                                                 | 120        | 1 cup          | 324.000             |
| 09236  | Peaches, raw                                                                                        | 170        | 1 cup          | 323.000             |
| 09176  | Mangos, raw                                                                                         | 207        | 1 mango        | 322.920             |
| 21005  | Breakfast items, biscuit with egg and sausage                                                       | 180        | 1 biscuit      | 320.400             |
| 09326  | Watermelon, raw                                                                                     | 286        | 1 wedge        | 320.320             |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled             | 85         | 3 oz           | 319.600             |
| 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt                                     | 240        | 1 cup          | 319.200             |
| 15086  | Fish, salmon, sockeye, cooked, dry heat                                                             | 85         | 3 oz           | 318.750             |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled               | 85         | 3 oz           | 318.750             |
| 13085  | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz           | 317.900             |
| 09238  | Peaches, canned, juice pack, solids and liquids                                                     | 248        | 1 cup          | 317.440             |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted                                 | 85         | 3 oz           | 317.050             |
| 21121  | Fast foods, roast beef sandwich, plain                                                              | 139        | 1 sandwich     | 315.530             |
| 11821  | Peppers, sweet, red, raw                                                                            | 149        | 1 cup          | 314.390             |
| 15111  | Fish, swordfish, cooked, dry heat                                                                   | 85         | 3 oz           | 313.650             |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                          | 85         | 3 oz           | 313.650             |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded                                         | 93         | 1 cup          | 313.410             |
| 06440  | Soup, minestrone, canned, prepared with equal volume water, commercial                              | 241        | 1 cup          | 313.300             |
| 11143  | Celery, raw                                                                                         | 120        | 1 cup          | 312.000             |
| 13278  | Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled         | 85         | 3 oz           | 311.100             |
| 15173  | Mollusks, scallop, mixed species, cooked, breaded and fried                                         | 93         | 6 large        | 309.690             |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                                            | 180        | 1 cup          | 309.600             |
| 21092  | Fast foods, cheeseburger, regular, double patty, plain                                              | 155        | 1 sandwich     | 308.450             |
| 13176  | Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz           | 307.700             |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt                                    | 182        | 1 cup          | 307.580             |
| 01037  | Cheese, ricotta, part skim milk                                                                     | 246        | 1 cup          | 307.500             |
| 09291  | Plums, dried (prunes), uncooked                                                                     | 42         | 5 prunes       | 307.440             |
| 06206  | Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve                                 | 241        | 1 cup          | 306.070             |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw                     | 160        | 1 cup          | 305.600             |
| 21037  | Fast foods, chicken, breaded and fried, boneless pieces, plain                                      | 106        | 6 pieces       | 305.280             |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled            | 85         | 3 oz           | 304.300             |
| 09268  | Pineapple, canned, juice pack, solids and liquids                                                   | 249        | 1 cup          | 303.780             |
| 11135  | Cauliflower, raw                                                                                    | 100        | 1 cup          | 303.000             |

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| NDB_No | Description                                                                                                       | Weight (g) | Common Measure | Content per Measure |
|--------|-------------------------------------------------------------------------------------------------------------------|------------|----------------|---------------------|
| 11399  | Potato puffs, frozen, prepared                                                                                    | 79         | 10 puffs       | 300.200             |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial                              | 248        | 1 cup          | 300.080             |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted                                            | 85         | 3 oz           | 299.200             |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat                                                                | 85         | 3 oz           | 299.200             |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried                                                     | 85         | 3 oz           | 298.350             |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted                                                         | 85         | 3 oz           | 298.350             |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat                                                                     | 85         | 3 oz           | 297.500             |
| 11234  | Kale, cooked, boiled, drained, without salt                                                                       | 130        | 1 cup          | 296.400             |
| 11641  | Squash, summer, all varieties, raw                                                                                | 113        | 1 cup          | 296.060             |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added                                                                | 28.35      | 1 oz (47 nuts) | 295.407             |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid                                          | 248        | 1 cup          | 295.120             |
| 11308  | Peas, green, canned, regular pack, drained solids                                                                 | 170        | 1 cup          | 294.100             |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                                                      | 85         | 3 oz           | 292.400             |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                                                              | 144        | 1 cup          | 292.320             |
| 11529  | Tomatoes, red, ripe, raw, year round average                                                                      | 123        | 1 tomato       | 291.510             |
| 21047  | Entrees, fish fillet, battered or breaded, and fried                                                              | 91         | 1 fillet       | 291.200             |
| 06207  | Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve                                                | 238        | 1 cup          | 290.360             |
| 15011  | Fish, catfish, channel, cooked, breaded and fried                                                                 | 85         | 3 oz           | 289.000             |
| 18283  | Muffins, oat bran                                                                                                 | 57         | 1 muffin       | 288.990             |
| 18327  | Pie, pumpkin, prepared from recipe                                                                                | 155        | 1 piece        | 288.300             |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz           | 287.300             |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                  | 85         | 3 oz           | 287.300             |
| 20028  | Couscous, dry                                                                                                     | 173        | 1 cup          | 287.180             |
| 09403  | Apricot nectar, canned, with added ascorbic acid                                                                  | 251        | 1 cup          | 286.140             |
| 19410  | Snacks, potato chips, made from dried potatoes, plain                                                             | 28.35      | 1 oz           | 285.768             |
| 09306  | Raspberries, frozen, red, sweetened                                                                               | 250        | 1 cup          | 285.000             |
| 19045  | Snacks, potato chips, made from dried potatoes, light                                                             | 28.35      | 1 oz           | 284.918             |
| 21094  | Fast foods, cheeseburger, regular, double patty and bun, plain                                                    | 160        | 1 sandwich     | 284.800             |
| 06205  | Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve                                 | 244        | 1 cup          | 283.040             |
| 11271  | Mustard greens, cooked, boiled, drained, without salt                                                             | 140        | 1 cup          | 282.800             |
| 05126  | Chicken, stewing, meat only, cooked, stewed                                                                       | 140        | 1 cup          | 282.800             |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter                                         | 140        | 1/2 breast     | 281.400             |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt                                                            | 146        | 1 cup          | 280.320             |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised                                    | 85         | 3 oz           | 278.800             |
| 11090  | Broccoli, raw                                                                                                     | 88         | 1 cup          | 278.080             |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                        | 85         | 3 oz           | 277.950             |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid                                                           | 85         | 3 oz           | 277.100             |
| 11565  | Turnips, cooked, boiled, drained, without salt                                                                    | 156        | 1 cup          | 276.120             |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                                                         | 100        | 1 cup          | 276.000             |
| 15140  | Crustaceans, crab, blue, cooked, moist heat                                                                       | 85         | 3 oz           | 275.400             |

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| NDB_No | Description                                                                                                          | Weight (g) | Common Measure | Content per Measure |
|--------|----------------------------------------------------------------------------------------------------------------------|------------|----------------|---------------------|
| 06202  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve                                | 239        | 1 cup          | 274.850             |
| 09191  | Nectarines, raw                                                                                                      | 136        | 1 nectarine    | 273.360             |
| 06216  | Soup, cream of chicken, prepared with equal volume milk, commercial                                                  | 248        | 1 cup          | 272.800             |
| 09087  | Dates, deglet noor                                                                                                   | 41.5       | 5 dates        | 272.240             |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                                          | 32         | 1/4 cup        | 272.000             |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised                                                      | 85         | 3 oz           | 272.000             |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume milk, commercial                                         | 248        | 1 cup          | 270.320             |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled                                                        | 85         | 3 oz           | 270.300             |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted                                                                | 85         | 3 oz           | 268.600             |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted                                                       | 85         | 3 oz           | 267.750             |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                               | 85         | 3 oz           | 267.750             |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt                                                    | 119        | 1 cup          | 267.750             |
| 21026  | Fast foods, potatoes, hashed brown                                                                                   | 72         | 1/2 cup        | 267.120             |
| 15157  | Mollusks, clam, mixed species, raw                                                                                   | 85         | 3 oz           | 266.900             |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz           | 266.050             |
| 21043  | Fast foods, clams, breaded and fried                                                                                 | 115        | 3/4 cup        | 265.650             |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                                                              | 254        | 1 cup          | 264.160             |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial                                                   | 244        | 1 cup          | 263.520             |
| 21120  | Fast foods, hotdog, with corn flour coating (corndog)                                                                | 175        | 1 corn dog     | 262.500             |
| 13168  | Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised                     | 85         | 3 oz           | 261.800             |
| 11128  | Carrots, canned, regular pack, drained solids                                                                        | 146        | 1 cup          | 261.340             |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt                                                     | 184        | 1 cup          | 261.280             |
| 11333  | Peppers, sweet, green, raw                                                                                           | 149        | 1 cup          | 260.750             |
| 06094  | Soup, onion mix, dehydrated, dry form                                                                                | 39         | 1 packet       | 260.130             |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                  | 85         | 3 oz           | 260.100             |
| 09094  | Figs, dried, uncooked                                                                                                | 38         | 2 figs         | 258.400             |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled                                                        | 85         | 3 oz           | 258.400             |
| 01036  | Cheese, ricotta, whole milk                                                                                          | 246        | 1 cup          | 258.300             |
| 09176  | Mangos, raw                                                                                                          | 165        | 1 cup          | 257.400             |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins                               | 51         | 1/2 cup        | 257.040             |
| 05186  | Turkey, all classes, light meat, cooked, roasted                                                                     | 84         | 3 oz           | 256.200             |
| 22906  | Chicken pot pie, frozen entree                                                                                       | 217        | 1 small pie    | 256.060             |
| 13073  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted               | 85         | 3 oz           | 255.850             |
| 09316  | Strawberries, raw                                                                                                    | 166        | 1 cup          | 253.980             |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour                                             | 98         | 1/2 breast     | 253.820             |
| 05296  | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted                                               | 85.05      | 3 oz           | 253.449             |
| 11084  | Beets, canned, drained solids                                                                                        | 170        | 1 cup          | 251.600             |
| 21108  | Fast foods, hamburger, regular, single patty, with condiments                                                        | 106        | 1 sandwich     | 251.220             |
| 11821  | Peppers, sweet, red, raw                                                                                             | 119        | 1 pepper       | 251.090             |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted                                                                   | 85         | 3 oz           | 250.750             |

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| NDB_No | Description                                                                                                     | Weight (g) | Common Measure   | Content per Measure |
|--------|-----------------------------------------------------------------------------------------------------------------|------------|------------------|---------------------|
| 21025  | Fast foods, pancakes with butter and syrup                                                                      | 232        | 2 pancakes       | 250.560             |
| 14315  | Malted drink mix, chocolate, with added nutrients, powder                                                       | 21         | 3 heaping tsp    | 250.530             |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt                                                      | 180        | 1 cup            | 250.200             |
| 09320  | Strawberries, frozen, sweetened, sliced                                                                         | 255        | 1 cup            | 249.900             |
| 09153  | Lemon juice, canned or bottled                                                                                  | 244        | 1 cup            | 248.880             |
| 21061  | Fast foods, burrito, with beans and cheese                                                                      | 93         | 1 burrito        | 248.310             |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk                                                    | 147        | 1/2 cup          | 246.960             |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled                                                   | 85         | 3 oz             | 245.650             |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                                                         | 105        | 1 cup            | 243.600             |
| 05188  | Turkey, all classes, dark meat, cooked, roasted                                                                 | 84         | 3 oz             | 243.600             |
| 10151  | Pork, cured, ham, whole, separable lean and fat, roasted                                                        | 85         | 3 oz             | 243.100             |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids                                                           | 262        | 1 cup            | 241.040             |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                                     | 28.35      | 1 oz             | 240.975             |
| 13160  | Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised             | 85         | 3 oz             | 239.700             |
| 21074  | Fast foods, enchilada, with cheese                                                                              | 163        | 1 enchilada      | 239.610             |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup            | 239.120             |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN                                                            | 55         | 1 cup            | 238.150             |
| 09254  | Pears, canned, juice pack, solids and liquids                                                                   | 248        | 1 cup            | 238.080             |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk                                                    | 142        | 1/2 cup          | 237.140             |
| 09148  | Kiwi fruit, (chinese gooseberries), fresh, raw                                                                  | 76         | 1 medium         | 237.120             |
| 09200  | Oranges, raw, all commercial varieties                                                                          | 131        | 1 orange         | 237.110             |
| 19078  | Baking chocolate, unsweetened, squares                                                                          | 28.35      | 1 square         | 235.305             |
| 21139  | Fast foods, potato, mashed                                                                                      | 80         | 1/3 cup          | 235.200             |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                                                     | 258        | 1 cup            | 234.780             |
| 20025  | Cornmeal, self-rising, degermed, enriched, yellow                                                               | 138        | 1 cup            | 234.600             |
| 09042  | Blackberries, raw                                                                                               | 144        | 1 cup            | 233.280             |
| 15067  | Fish, pollock, walleye, cooked, dry heat                                                                        | 60         | 1 fillet         | 232.200             |
| 11282  | Onions, raw                                                                                                     | 160        | 1 cup            | 230.400             |
| 09310  | Rhubarb, frozen, cooked, with sugar                                                                             | 240        | 1 cup            | 230.400             |
| 11124  | Carrots, raw                                                                                                    | 72         | 1 carrot         | 230.400             |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                       | 85         | 3 oz             | 230.350             |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                                                | 28.35      | 1 oz (142 seeds) | 228.501             |
| 05180  | Turkey, all classes, neck, meat only, cooked, simmered                                                          | 152        | 1 neck           | 226.480             |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                                                    | 136        | 1 cup            | 225.760             |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                                                      | 136        | 1 cup            | 225.760             |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids     | 237        | 1 cup            | 225.150             |
| 20022  | Cornmeal, degermed, enriched, yellow                                                                            | 138        | 1 cup            | 223.560             |
| 13058  | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised                 | 85         | 3 oz             | 223.550             |
| 15137  | Crustaceans, crab, alaska king, cooked, moist heat                                                              | 85         | 3 oz             | 222.700             |
| 21090  | Fast foods, cheeseburger, regular, single patty, with condiments                                                | 113        | 1 sandwich       | 222.610             |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry                                                               | 185        | 1 cup            | 222.000             |
| 05306  | Poultry food products, ground turkey, cooked                                                                    | 82         | 1 patty          | 221.400             |

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| NDB_No | Description                                                                                                  | Weight (g) | Common Measure  | Content per Measure |
|--------|--------------------------------------------------------------------------------------------------------------|------------|-----------------|---------------------|
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried                                            | 84         | 3 oz            | 220.920             |
| 11162  | Collards, cooked, boiled, drained, without salt                                                              | 190        | 1 cup           | 220.400             |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted                                              | 86         | 1/2 breast      | 220.160             |
| 11260  | Mushrooms, raw                                                                                               | 70         | 1 cup           | 219.800             |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248        | 1 cup           | 218.240             |
| 11159  | Coleslaw, home-prepared                                                                                      | 120        | 1 cup           | 217.200             |
| 01015  | Cheese, cottage, lowfat, 2% milkfat                                                                          | 226        | 1 cup           | 216.960             |
| 11279  | Okra, cooked, boiled, drained, without salt                                                                  | 160        | 1 cup           | 216.000             |
| 20044  | Rice, white, long-grain, regular, raw, enriched                                                              | 185        | 1 cup           | 212.750             |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried                                             | 84         | 3 oz            | 212.520             |
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked                                          | 239        | 1 pie shell     | 210.320             |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial                             | 241        | 1 cup           | 209.670             |
| 11403  | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt                                  | 50         | 10 strips       | 209.000             |
| 06200  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve                                      | 237        | 1 cup           | 208.560             |
| 11333  | Peppers, sweet, green, raw                                                                                   | 119        | 1 pepper        | 208.250             |
| 15168  | Mollusks, oyster, eastern, cooked, breaded and fried                                                         | 85         | 3 oz            | 207.400             |
| 01143  | Egg substitute, liquid                                                                                       | 62.75      | 1/4 cup         | 207.075             |
| 12061  | Nuts, almonds                                                                                                | 28.35      | 1 oz (24 nuts)  | 206.388             |
| 16089  | Peanuts, all types, oil-roasted, with salt                                                                   | 28.35      | 1 oz            | 205.821             |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins                                      | 50         | 1/2 cup         | 203.500             |
| 14309  | Malted drink mix, natural, with added nutrients, powder                                                      | 21         | 4-5 heaping tsp | 203.490             |
| 19183  | Puddings, chocolate, ready-to-eat                                                                            | 113        | 4 oz            | 203.400             |
| 01013  | Cheese, cottage, creamed, with fruit                                                                         | 226        | 1 cup           | 203.400             |
| 14194  | Cocoa mix, powder, prepared with water                                                                       | 206        | 1 serving       | 201.880             |
| 14192  | Cocoa mix, powder                                                                                            | 28.35      | 3 heaping tsp   | 201.852             |
| 20034  | Oat bran, cooked                                                                                             | 219        | 1 cup           | 201.480             |
| 15126  | Fish, tuna, white, canned in water, drained solids                                                           | 85         | 3 oz            | 201.450             |
| 15121  | Fish, tuna, light, canned in water, drained solids                                                           | 85         | 3 oz            | 201.450             |
| 11658  | Spinach souffle, home-prepared                                                                               | 136        | 1 cup           | 201.280             |
| 11264  | Mushrooms, canned, drained solids                                                                            | 156        | 1 cup           | 201.240             |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon                                                           | 129        | 1 croissant     | 201.240             |
| 19126  | Candies, milk chocolate coated peanuts                                                                       | 40         | 10 pieces       | 200.800             |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon                                             | 137        | 1 muffin        | 198.650             |
| 11659  | Sweetpotato, cooked, candied, home-prepared                                                                  | 105        | 1 piece         | 198.450             |
| 07028  | Ham, sliced, extra lean, (approximately 5% fat)                                                              | 56.7       | 2 slices        | 198.450             |
| 09252  | Pears, raw                                                                                                   | 166        | 1 pear          | 197.540             |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack                                                     | 252        | 1 cup           | 196.560             |
| 13050  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised           | 85         | 3 oz            | 196.350             |
| 05277  | Chicken, canned, meat only, with broth                                                                       | 142        | 5 oz            | 195.960             |
| 08340  | Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal                                         | 46         | 2 biscuits      | 195.500             |
| 15142  | Crustaceans, crab, blue, crab cakes                                                                          | 60         | 1 cake          | 194.400             |

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| NDB_No | Description                                                             | Weight (g) | Common Measure   | Content per Measure |
|--------|-------------------------------------------------------------------------|------------|------------------|---------------------|
| 01016  | Cheese, cottage, lowfat, 1% milkfat                                     | 226        | 1 cup            | 194.360             |
| 19143  | Candies, MR. GOODBAR Chocolate Bar                                      | 49         | 1 bar (1.75 oz)  | 193.060             |
| 12120  | Nuts, hazelnuts or filberts                                             | 28.35      | 1 oz             | 192.780             |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk              | 140        | 1/2 cup          | 191.800             |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt               | 77         | 1 ear            | 191.730             |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt              | 77         | 1 ear            | 191.730             |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried           | 85         | 3 oz             | 191.250             |
| 06449  | Soup, pea, green, canned, prepared with equal volume water, commercial  | 250        | 1 cup            | 190.000             |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size | 55         | 1 cup            | 189.750             |
| 21129  | Fast foods, hush puppies                                                | 78         | 5 pieces         | 187.980             |
| 19393  | Frozen yogurts, chocolate, soft-serve                                   | 72         | 1/2 cup          | 187.920             |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water | 244        | 1 cup            | 187.880             |
| 08143  | Cereals, WHEATENA, cooked with water                                    | 243        | 1 cup            | 187.110             |
| 12078  | Nuts, brazilnuts, dried, unblanched                                     | 28.35      | 1 oz (6-8 nuts)  | 186.827             |
| 16390  | Peanuts, all types, dry-roasted, without salt                           | 28.35      | 1 oz (approx 28) | 186.543             |
| 16090  | Peanuts, all types, dry-roasted, with salt                              | 28.35      | 1 oz (approx 28) | 186.543             |
| 09236  | Peaches, raw                                                            | 98         | 1 peach          | 186.200             |
| 09302  | Raspberries, raw                                                        | 123        | 1 cup            | 185.730             |
| 09161  | Lime juice, canned or bottled, unsweetened                              | 246        | 1 cup            | 184.500             |
| 09181  | Melons, cantaloupe, raw                                                 | 69         | 1/8 melon        | 184.230             |
| 21059  | Fast foods, shrimp, breaded and fried                                   | 164        | 6-8 shrimp       | 183.680             |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid            | 244        | 1 cup            | 183.000             |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt               | 125        | 1 cup            | 182.500             |
| 19132  | Candies, milk chocolate, with almonds                                   | 41         | 1 bar (1.45 oz)  | 182.040             |
| 18316  | Pie, coconut custard, commercially prepared                             | 104        | 1 piece          | 182.000             |
| 10131  | Pork, cured, canadian-style bacon, grilled                              | 46.5       | 2 slices         | 181.350             |
| 08219  | Cereals ready-to-eat, QUAKER, Honey Nut Heaven                          | 49         | 1 cup            | 180.810             |
| 19071  | Candies, carob                                                          | 28.35      | 1 oz             | 179.456             |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added                         | 28.35      | 1 oz (18 nuts)   | 179.172             |
| 15152  | Crustaceans, shrimp, mixed species, canned                              | 85.05      | 3 oz             | 178.605             |
| 07008  | Bologna, beef and pork                                                  | 56.7       | 2 slices         | 178.605             |
| 21050  | Entrees, pizza with cheese, meat, and vegetables                        | 79         | 1 slice          | 178.540             |
| 09266  | Pineapple, raw, all varieties                                           | 155        | 1 cup            | 178.250             |
| 22120  | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles                  | 110        | 1 cup            | 178.200             |
| 21127  | Fast foods, coleslaw                                                    | 99         | 3/4 cup          | 177.210             |
| 21023  | Breakfast items, french toast with butter                               | 135        | 2 slices         | 176.850             |
| 01012  | Cheese, cottage, creamed, large or small curd                           | 210        | 1 cup            | 176.400             |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                      | 124        | 1 cup            | 176.080             |
| 15119  | Fish, tuna, light, canned in oil, drained solids                        | 85.05      | 3 oz             | 176.054             |
| 09060  | Carambola, (starfruit), raw                                             | 108        | 1 cup            | 176.040             |
| 05292  | Turkey patties, breaded, battered, fried                                | 64         | 1 patty          | 176.000             |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt              | 160        | 1 cup            | 176.000             |

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| NDB_No | Description                                                                        | Weight (g) | Common Measure      | Content per Measure |
|--------|------------------------------------------------------------------------------------|------------|---------------------|---------------------|
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat                                      | 50         | 1 fillet            | 175.000             |
| 09116  | Grapefruit, raw, white, all areas                                                  | 118        | 1/2 grapefruit      | 174.640             |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original                      | 51         | 1 cup               | 173.400             |
| 06471  | Soup, vegetable beef, prepared with equal volume water, commercial                 | 244        | 1 cup               | 173.240             |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                                | 266        | 1 cup               | 172.900             |
| 11109  | Cabbage, raw                                                                       | 70         | 1 cup               | 172.200             |
| 09206  | Orange juice, raw                                                                  | 86         | juice from 1 orange | 172.000             |
| 21078  | Fast foods, nachos, with cheese                                                    | 113        | 6-8 nachos          | 171.760             |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes                | 29         | 3/4 cup             | 171.100             |
| 09326  | Watermelon, raw                                                                    | 152        | 1 cup               | 170.240             |
| 11112  | Cabbage, red, raw                                                                  | 70         | 1 cup               | 170.100             |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt                 | 135        | 1 cup               | 170.100             |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                   | 135        | 1 cup               | 170.100             |
| 19155  | Candies, M&M MARS, SNICKERS Bar                                                    | 57         | 1 bar (2 oz)        | 169.860             |
| 11269  | Mushrooms, shiitake, cooked, without salt                                          | 145        | 1 cup               | 169.650             |
| 12147  | Nuts, pine nuts, pignolia, dried                                                   | 28.35      | 1 oz                | 169.250             |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                       | 28.35      | 1 oz                | 169.250             |
| 21028  | Fast foods, ice milk, vanilla, soft-serve, with cone                               | 103        | 1 cone              | 168.920             |
| 18326  | Pie, pumpkin, commercially prepared                                                | 109        | 1 piece             | 167.860             |
| 11457  | Spinach, raw                                                                       | 30         | 1 cup               | 167.400             |
| 21119  | Fast foods, hotdog, with chili                                                     | 114        | 1 sandwich          | 166.440             |
| 09112  | Grapefruit, raw, pink and red, all areas                                           | 123        | 1/2 grapefruit      | 166.050             |
| 20089  | Wild rice, cooked                                                                  | 164        | 1 cup               | 165.640             |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                                | 140        | 1 cup               | 165.200             |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter           | 86         | 1 thigh             | 165.120             |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added                       | 28.35      | 1 oz                | 164.714             |
| 19270  | Ice creams, chocolate                                                              | 66         | 1/2 cup             | 164.340             |
| 21089  | Sandwiches and burgers, cheeseburger, regular, single meat patty, plain            | 102        | 1 sandwich          | 164.220             |
| 19120  | Candies, milk chocolate                                                            | 44         | 1 bar (1.55 oz)     | 163.680             |
| 07029  | Ham, sliced, regular (approximately 11% fat)                                       | 56.7       | 2 slices            | 162.729             |
| 18325  | Pie, pecan, prepared from recipe                                                   | 122        | 1 piece             | 162.260             |
| 11206  | Cucumber, peeled, raw                                                              | 119        | 1 cup               | 161.840             |
| 11114  | Cabbage, savoy, raw                                                                | 70         | 1 cup               | 161.000             |
| 12104  | Nuts, coconut meat, raw                                                            | 45         | 1 piece             | 160.200             |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added                                    | 28.35      | 1 oz                | 160.178             |
| 09136  | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C        | 216        | 6-fl-oz can         | 159.840             |
| 11282  | Onions, raw                                                                        | 110        | 1 whole             | 158.400             |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 63         | 1 ear               | 158.130             |
| 11213  | Endive, raw                                                                        | 50         | 1 cup               | 157.000             |
| 11283  | Onions, cooked, boiled, drained, without salt                                      | 94         | 1 medium            | 156.040             |
| 09020  | Applesauce, canned, sweetened, without salt                                        | 255        | 1 cup               | 155.550             |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched                             | 125        | 1 cup               | 155.000             |

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| NDB_No | Description                                                                        | Weight (g) | Common Measure             | Content per Measure |
|--------|------------------------------------------------------------------------------------|------------|----------------------------|---------------------|
| 11043  | Mung beans, mature seeds, sprouted, raw                                            | 104        | 1 cup                      | 154.960             |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4                                       | 55         | 1 cup                      | 154.550             |
| 19150  | Candies, REESE'S Peanut Butter Cups                                                | 45         | 1 package (contains 2)     | 154.350             |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial | 241        | 1 cup                      | 154.240             |
| 11670  | Peppers, hot chili, green, raw                                                     | 45         | 1 pepper                   | 153.000             |
| 11205  | Cucumber, with peel, raw                                                           | 104        | 1 cup                      | 152.880             |
| 21051  | Entrees, pizza with pepperoni                                                      | 71         | 1 slice                    | 152.650             |
| 11081  | Beets, cooked, boiled, drained                                                     | 50         | 1 beet                     | 152.500             |
| 14334  | Pineapple and grapefruit juice drink, canned                                       | 250        | 8 fl oz                    | 152.500             |
| 19090  | Ice creams, french vanilla, soft-serve                                             | 86         | 1/2 cup                    | 152.220             |
| 19293  | Frozen yogurts, vanilla, soft-serve                                                | 72         | 1/2 cup                    | 151.920             |
| 19145  | Candies, NESTLE, CRUNCH Bar and Dessert Topping                                    | 44         | 1 bar (1.55 oz)            | 151.360             |
| 09070  | Cherries, sweet, raw                                                               | 68         | 10 cherries                | 150.960             |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts                                      | 42         | 1 cup                      | 149.100             |
| 15077  | Fish, salmon, chinook, smoked                                                      | 85.05      | 3 oz                       | 148.838             |
| 15027  | Fish, fish portions and sticks, frozen, preheated                                  | 57         | 1 portion (4" x 2" x 1/2") | 148.770             |
| 09060  | Carambola, (starfruit), raw                                                        | 91         | 1 fruit                    | 148.330             |
| 20010  | Buckwheat groats, roasted, cooked                                                  | 168        | 1 cup                      | 147.840             |
| 09003  | Apples, raw, with skin                                                             | 138        | 1 apple                    | 147.660             |
| 09340  | Pears, asian, raw                                                                  | 122        | 1 pear                     | 147.620             |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids                          | 135        | 1 cup                      | 147.150             |
| 11056  | Beans, snap, green, canned, regular pack, drained solids                           | 135        | 1 cup                      | 147.150             |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar                                              | 61         | 1 bar (2.15 oz)            | 147.010             |
| 20006  | Barley, pearled, cooked                                                            | 157        | 1 cup                      | 146.010             |
| 11110  | Cabbage, cooked, boiled, drained, without salt                                     | 150        | 1 cup                      | 145.500             |
| 11819  | Peppers, hot chili, red, raw                                                       | 45         | 1 pepper                   | 144.900             |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)          | 120        | 1 piece                    | 144.000             |
| 09011  | Apples, dried, sulfured, uncooked                                                  | 32         | 5 rings                    | 144.000             |
| 20084  | Wheat flour, white, cake, enriched                                                 | 137        | 1 cup                      | 143.850             |
| 09038  | Avocados, raw, California                                                          | 28.35      | 1 oz                       | 143.735             |
| 18310  | Pie, chocolate creme, commercially prepared                                        | 113        | 1 piece                    | 143.510             |
| 21118  | Fast foods, hotdog, plain                                                          | 98         | 1 sandwich                 | 143.080             |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)          | 81         | 1/4 block                  | 142.560             |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor        | 28.35      | 1 oz                       | 140.616             |
| 18375  | Leavening agents, yeast, baker's, active dry                                       | 7          | 1 pkg                      | 140.000             |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, baked                             | 126        | 1 pie shell                | 138.600             |
| 18309  | Pie, cherry, prepared from recipe                                                  | 180        | 1 piece                    | 138.600             |
| 11251  | Lettuce, cos or romaine, raw                                                       | 56         | 1 cup                      | 138.320             |
| 09055  | Blueberries, frozen, sweetened                                                     | 230        | 1 cup                      | 138.000             |
| 19088  | Ice creams, vanilla, light                                                         | 66         | 1/2 cup                    | 137.280             |
| 20083  | Wheat flour, white, bread, enriched                                                | 137        | 1 cup                      | 137.000             |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS                            | 55         | 1 cup                      | 134.750             |

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| NDB_No | Description                                                                               | Weight (g) | Common Measure   | Content per Measure |
|--------|-------------------------------------------------------------------------------------------|------------|------------------|---------------------|
| 11012  | Asparagus, cooked, boiled, drained                                                        | 60         | 4 spears         | 134.400             |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter              | 72         | 1 drumstick      | 133.920             |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached                                       | 125        | 1 cup            | 133.750             |
| 18101  | Cake, chocolate, prepared from recipe without frosting                                    | 95         | 1 piece          | 133.000             |
| 09218  | Tangerines, (mandarin oranges), raw                                                       | 84         | 1 tangerine      | 131.880             |
| 18005  | Bagels, cinnamon-raisin                                                                   | 89         | 4" bagel         | 131.720             |
| 19095  | Ice creams, vanilla                                                                       | 66         | 1/2 cup          | 131.340             |
| 15167  | Mollusks, oyster, eastern, wild, raw                                                      | 84         | 6 medium         | 131.040             |
| 08121  | Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt | 234        | 1 cup            | 131.040             |
| 21130  | Fast foods, onion rings, breaded and fried                                                | 83         | 8-9 rings        | 129.480             |
| 07017  | Chicken roll, light meat                                                                  | 56.7       | 2 slices         | 129.276             |
| 18119  | Cake, pineapple upside-down, prepared from recipe                                         | 115        | 1 piece          | 128.800             |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting                            | 64         | 1 piece          | 128.000             |
| 19201  | Puddings, vanilla, ready-to-eat                                                           | 113        | 4 oz             | 127.690             |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients                   | 21.6       | 2-3 heaping tsp  | 127.656             |
| 21024  | Fast foods, french toast sticks                                                           | 141        | 5 sticks         | 126.900             |
| 11391  | Potatoes, hashed brown, frozen, plain, prepared                                           | 29         | 1 patty          | 126.440             |
| 09238  | Peaches, canned, juice pack, solids and liquids                                           | 98         | 1 half           | 125.440             |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt                 | 124        | 1 cup            | 125.240             |
| 12155  | Nuts, walnuts, english                                                                    | 28.35      | 1 oz (14 halves) | 125.024             |
| 11015  | Asparagus, canned, drained solids                                                         | 72         | 4 spears         | 123.840             |
| 20013  | Bulgur, cooked                                                                            | 182        | 1 cup            | 123.760             |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted                            | 52         | 1 thigh          | 123.760             |
| 22247  | Macaroni and Cheese, canned entree                                                        | 252        | 1 cup            | 123.480             |
| 18302  | Pie, apple, prepared from recipe                                                          | 155        | 1 piece          | 122.450             |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe                                       | 101        | 4" biscuit       | 122.210             |
| 19109  | Candies, KIT KAT Wafer Bar                                                                | 42         | 1 bar (1.5 oz)   | 121.800             |
| 11210  | Eggplant, cooked, boiled, drained, without salt                                           | 99         | 1 cup            | 121.770             |
| 18336  | Pie crust, standard-type, prepared from recipe, baked                                     | 180        | 1 pie shell      | 120.600             |
| 18367  | Waffles, plain, prepared from recipe                                                      | 75         | 1 waffle         | 119.250             |
| 18031  | Bread, indian (navajo) fry                                                                | 160        | 10-1/2" bread    | 118.400             |
| 19002  | Snacks, beef jerky, chopped and formed                                                    | 19.8       | 1 large piece    | 118.206             |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe                        | 100        | 1 eclair         | 117.000             |
| 21015  | Fast foods, danish pastry, cheese                                                         | 91         | 1 pastry         | 116.480             |
| 12142  | Nuts, pecans                                                                              | 28.35      | 1 oz (20 halves) | 116.235             |
| 19089  | Ice creams, vanilla, rich                                                                 | 74         | 1/2 cup          | 116.180             |
| 13348  | Beef, cured, corned beef, canned                                                          | 85.05      | 3 oz             | 115.668             |
| 14096  | Alcoholic beverage, wine, table, red                                                      | 103        | 3.5 fl oz        | 115.360             |
| 14341  | Pineapple and orange juice drink, canned                                                  | 250        | 8 fl oz          | 115.000             |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting                              | 64         | 1 piece          | 113.920             |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                              | 84         | 1 cup            | 113.400             |
| 07014  | Braunschweiger (a liver sausage), pork                                                    | 56.7       | 2 slices         | 112.833             |

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| NDB_No | Description                                                                          | Weight (g) | Common Measure                | Content per Measure |
|--------|--------------------------------------------------------------------------------------|------------|-------------------------------|---------------------|
| 16112  | Miso                                                                                 | 68.75      | 1 cup                         | 112.750             |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX                                      | 30         | 1 cup                         | 112.500             |
| 07069  | Salami, cooked, beef and pork                                                        | 56.7       | 2 slices                      | 112.266             |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour          | 49         | 1 drumstick                   | 112.210             |
| 09050  | Blueberries, raw                                                                     | 145        | 1 cup                         | 111.650             |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES                                        | 30         | 1 cup                         | 111.000             |
| 18102  | Cake, white, prepared from recipe with coconut frosting                              | 112        | 1 piece                       | 110.880             |
| 18177  | Cookies, molasses                                                                    | 32         | 1 cookie, large (3-1/2" to 4" | 110.720             |
| 21017  | Fast foods, danish pastry, fruit                                                     | 94         | 1 pastry                      | 109.980             |
| 21049  | Entrees, pizza with cheese                                                           | 63         | 1 slice                       | 109.620             |
| 08125  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water   | 149        | 1 packet                      | 108.770             |
| 11253  | Lettuce, green leaf, raw                                                             | 56         | 1 cup                         | 108.640             |
| 19218  | Puddings, tapioca, ready-to-eat                                                      | 113        | 4 oz                          | 108.480             |
| 11091  | Broccoli, cooked, boiled, drained, without salt                                      | 37         | 1 spear                       | 108.410             |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted                   | 44         | 1 drumstick                   | 108.240             |
| 06018  | Soup, chicken noodle, canned, chunky, ready-to-serve                                 | 240        | 1 cup                         | 108.000             |
| 10124  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted                            | 19         | 3 medium slices               | 107.350             |
| 08131  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water | 155        | 1 packet                      | 106.950             |
| 11144  | Celery, cooked, boiled, drained, without salt                                        | 37.5       | 1 stalk                       | 106.500             |
| 18005  | Bagels, cinnamon-raisin                                                              | 71         | 3-1/2" bagel                  | 105.080             |
| 09298  | Raisins, seedless                                                                    | 14         | 1 packet                      | 104.860             |
| 11028  | Bamboo shoots, canned, drained solids                                                | 131        | 1 cup                         | 104.800             |
| 11143  | Celery, raw                                                                          | 40         | 1 stalk                       | 104.000             |
| 09279  | Plums, raw                                                                           | 66         | 1 plum                        | 103.620             |
| 01094  | Milk, buttermilk, dried                                                              | 6.5        | 1 tbsp                        | 103.480             |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                             | 60         | 4 spears                      | 103.200             |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added                                   | 28.35      | 1 oz (10-12 nuts)             | 102.911             |
| 19022  | Snacks, granola bars, soft, uncoated, raisin                                         | 28.35      | 1 bar                         | 102.627             |
| 18374  | Leavening agents, yeast, baker's, compressed                                         | 17         | 1 cake                        | 102.170             |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                        | 45         | 6 large                       | 101.250             |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water, commercial        | 241        | 1 cup                         | 101.220             |
| 16097  | Peanut butter, chunk style, with salt                                                | 16         | 1 tbsp                        | 100.960             |
| 18320  | Pie, lemon meringue, commercially prepared                                           | 113        | 1 piece                       | 100.570             |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe                                | 141        | 4.5 fl oz                     | 100.110             |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water, commercial              | 244        | 1 cup                         | 100.040             |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water, commercial        | 244        | 1 cup                         | 100.040             |
| 09039  | Avocados, raw, Florida                                                               | 28.35      | 1 oz                          | 99.509              |
| 09004  | Apples, raw, without skin                                                            | 110        | 1 cup                         | 99.000              |
| 11090  | Broccoli, raw                                                                        | 31         | 1 spear                       | 97.960              |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip                                 | 28.35      | 1 bar                         | 96.390              |
| 18452  | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat                       | 43         | 1 cupcake                     | 96.320              |

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## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                                      | Weight (g) | Common Measure       | Content per Measure |
|--------|----------------------------------------------------------------------------------|------------|----------------------|---------------------|
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS                                    | 30         | 1 cup                | 96.300              |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter        | 28.35      | 1 bar                | 96.107              |
| 18024  | Bread, cornbread, prepared from recipe, made with low fat (2%) milk              | 65         | 1 piece              | 95.550              |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw  | 50         | 10 grapes            | 95.500              |
| 19015  | Snacks, granola bars, hard, plain                                                | 28.35      | 1 bar                | 95.256              |
| 18308  | Pie, cherry, commercially prepared                                               | 117        | 1 piece              | 94.770              |
| 14536  | Alcoholic beverage, wine, dessert, dry                                           | 103        | 3.5 fl oz            | 94.760              |
| 14057  | Alcoholic beverage, wine, dessert, sweet                                         | 103        | 3.5 fl oz            | 94.760              |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water                    | 177        | 1 packet             | 93.810              |
| 19031  | Snacks, oriental mix, rice-based                                                 | 28.35      | 1 oz (about 1/4 cup) | 92.988              |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS                          | 30         | 1 cup                | 91.500              |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain                             | 32         | 3/4 cup              | 91.200              |
| 11954  | Tomatillos, raw                                                                  | 34         | 1 medium             | 91.120              |
| 20029  | Couscous, cooked                                                                 | 157        | 1 cup                | 91.060              |
| 09021  | Apricots, raw                                                                    | 35         | 1 apricot            | 90.650              |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt      | 104        | 1 cup                | 90.480              |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids                            | 98         | 1 half               | 90.160              |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89         | 4" bagel             | 89.890              |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                           | 30         | 3/4 cup              | 89.400              |
| 18134  | Cake, sponge, prepared from recipe                                               | 63         | 1 piece              | 88.830              |
| 14003  | Alcoholic beverage, beer, regular                                                | 355        | 12 fl oz             | 88.750              |
| 16098  | Peanut butter, smooth style, with salt                                           | 16         | 1 tbsp               | 88.320              |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water, commercial     | 244        | 1 cup                | 87.840              |
| 19047  | Snacks, pretzels, hard, plain, salted                                            | 60         | 10 pretzels          | 87.600              |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk                  | 65         | 1 slice              | 87.100              |
| 05286  | Turkey and gravy, frozen                                                         | 142        | 5-oz package         | 86.620              |
| 19348  | Syrups, chocolate, fudge-type                                                    | 19         | 1 tbsp               | 85.690              |
| 14209  | Coffee, brewed from grounds, prepared with tap water                             | 178        | 6 fl oz              | 85.440              |
| 01132  | Egg, whole, cooked, scrambled                                                    | 61         | 1 large              | 84.180              |
| 20037  | Rice, brown, long-grain, cooked                                                  | 195        | 1 cup                | 83.850              |
| 18324  | Pie, pecan, commercially prepared                                                | 113        | 1 piece              | 83.620              |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                 | 55         | 1 cup                | 83.600              |
| 18151  | Cookies, brownies, commercially prepared                                         | 56         | 1 brownie            | 83.440              |
| 18319  | Pie, fried pies, fruit                                                           | 128        | 1 pie                | 83.200              |
| 18444  | Pie, fried pies, cherry                                                          | 128        | 1 pie                | 83.200              |
| 18321  | Pie, lemon meringue, prepared from recipe                                        | 127        | 1 piece              | 82.550              |
| 01046  | Cheese food, pasteurized process, american, without di sodium phosphate          | 28.35      | 1 oz                 | 82.499              |
| 13350  | Beef, cured, dried                                                               | 28.35      | 1 oz                 | 82.499              |
| 14106  | Alcoholic beverage, wine, table, white                                           | 103        | 3.5 fl oz            | 82.400              |
| 19165  | Cocoa, dry powder, unsweetened                                                   | 5.4        | 1 tbsp               | 82.296              |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE                           | 32         | 3/4 cup              | 82.240              |

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## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                                             | Weight (g) | Common Measure           | Content per Measure |
|--------|-----------------------------------------------------------------------------------------|------------|--------------------------|---------------------|
| 18482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge                 | 52         | 1 pastry                 | 82.160              |
| 11284  | Onions, dehydrated flakes                                                               | 5          | 1 tbsp                   | 81.100              |
| 18019  | Bread, banana, prepared from recipe, made with margarine                                | 60         | 1 slice                  | 80.400              |
| 09150  | Lemons, raw, without peel                                                               | 58         | 1 lemon                  | 80.040              |
| 18375  | Leavening agents, yeast, baker's, active dry                                            | 4          | 1 tsp                    | 80.000              |
| 07064  | Pork sausage, fresh, cooked                                                             | 27         | 1 patty                  | 79.380              |
| 18268  | French toast, frozen, ready-to-heat                                                     | 59         | 1 slice                  | 79.060              |
| 01123  | Egg, whole, raw, fresh                                                                  | 58         | 1 extra large            | 77.720              |
| 19314  | Pie fillings, canned, cherry                                                            | 74         | 1/8 of 21-oz can         | 77.700              |
| 18104  | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched                | 63         | 1 piece                  | 77.490              |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven                       | 60         | 10 rings                 | 77.400              |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat                                       | 28.35      | 1 oz                     | 77.112              |
| 18023  | Bread, cornbread, dry mix, prepared                                                     | 60         | 1 piece                  | 76.800              |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                                      | 54         | 3 flowerets              | 76.680              |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi                             | 85         | 3 oz                     | 76.500              |
| 07064  | Pork sausage, fresh, cooked                                                             | 26         | 2 links                  | 76.440              |
| 19033  | Snacks, CHEX mix                                                                        | 28.35      | 1 oz (about 2/3 cup)     | 76.262              |
| 18301  | Pie, apple, commercially prepared, enriched flour                                       | 117        | 1 piece                  | 76.050              |
| 18292  | Pancakes, plain, dry mix, incomplete, prepared                                          | 38         | 1 pancake                | 75.620              |
| 07072  | Salami, dry or hard, pork, beef                                                         | 20         | 2 slices                 | 75.600              |
| 11937  | Pickles, cucumber, dill                                                                 | 65         | 1 pickle                 | 75.400              |
| 07023  | Frankfurter, beef and pork                                                              | 45         | 1 frank                  | 75.150              |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                     | 57         | 1 muffin                 | 74.670              |
| 19226  | Frostings, chocolate, creamy, ready-to-eat                                              | 38         | 1/12 package             | 74.480              |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52         | 1 muffin                 | 74.360              |
| 18082  | Bread stuffing, bread, dry mix, prepared                                                | 100        | 1/2 cup                  | 74.000              |
| 18306  | Pie, blueberry, prepared from recipe                                                    | 147        | 1 piece                  | 73.500              |
| 15027  | Fish, fish portions and sticks, frozen, preheated                                       | 28         | 1 stick (4" x 1" x 1/2") | 73.080              |
| 09254  | Pears, canned, juice pack, solids and liquids                                           | 76         | 1 half                   | 72.960              |
| 19441  | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit                               | 37         | 1 bar                    | 72.890              |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe                                     | 60         | 2-1/2" biscuit           | 72.600              |
| 01004  | Cheese, blue                                                                            | 28.35      | 1 oz                     | 72.576              |
| 18243  | Croutons, seasoned                                                                      | 40         | 1 cup                    | 72.400              |
| 18147  | Cheesecake commercially prepared                                                        | 80         | 1 piece                  | 72.000              |
| 18041  | Bread, pita, white, enriched                                                            | 60         | 6-1/2" pita              | 72.000              |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)        | 71         | 3-1/2" bagel             | 71.710              |
| 01007  | Cheese, camembert                                                                       | 38         | 1 wedge                  | 71.060              |
| 19097  | Sherbet, orange                                                                         | 74         | 1/2 cup                  | 71.040              |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                                   | 46         | 1 plum                   | 70.840              |
| 18076  | Bread, whole-wheat, commercially prepared, toasted                                      | 25         | 1 slice                  | 70.750              |
| 18075  | Bread, whole-wheat, commercially prepared                                               | 28         | 1 slice                  | 70.560              |
| 18139  | Cake, white, prepared from recipe without frosting                                      | 74         | 1 piece                  | 70.300              |

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**Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content**

| <b>NDB_No</b> | <b>Description</b>                                                                | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|-----------------------------------------------------------------------------------|-------------------|-----------------------|----------------------------|
| 07022         | Frankfurter, beef                                                                 | 45                | 1 frank               | 70.200                     |
| 18278         | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk             | 57                | 1 muffin              | 70.110                     |
| 18274         | Muffins, blueberry, commercially prepared                                         | 57                | 1 muffin              | 70.110                     |
| 18245         | Danish pastry, cheese                                                             | 71                | 1 danish              | 69.580                     |
| 19140         | Candies, M&M MARS, "M&M's" Peanut Chocolate Candies                               | 20                | 10 pieces             | 69.400                     |
| 18197         | Cookies, brownies, dry mix, special dietary, prepared                             | 22                | 1 brownie             | 69.080                     |
| 14210         | Coffee, brewed, espresso, restaurant-prepared                                     | 60                | 2 fl oz               | 69.000                     |
| 18126         | Cake, shortcake, biscuit-type, prepared from recipe                               | 65                | 1 shortcake           | 68.900                     |
| 01048         | Cheese spread, pasteurized process, american, without di sodium phosphate         | 28.35             | 1 oz                  | 68.607                     |
| 14342         | Rice beverage, RICE DREAM, canned                                                 | 245               | 1 cup                 | 68.600                     |
| 11955         | Tomatoes, sun-dried                                                               | 2                 | 1 piece               | 68.540                     |
| 19193         | Puddings, rice, ready-to-eat                                                      | 113.4             | 4 oz                  | 68.040                     |
| 01128         | Egg, whole, cooked, fried                                                         | 46                | 1 large               | 67.620                     |
| 05101         | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter           | 49                | 1 wing                | 67.620                     |
| 18088         | Cake, angelfood, dry mix, prepared                                                | 50                | 1 piece               | 67.500                     |
| 08084         | Cereals ready-to-eat, wheat germ, toasted, plain                                  | 7.119             | 1 tbsp                | 67.417                     |
| 18239         | Croissants, butter                                                                | 57                | 1 croissant           | 67.260                     |
| 01123         | Egg, whole, raw, fresh                                                            | 50                | 1 large               | 67.000                     |
| 07027         | Ham, chopped, not canned                                                          | 21                | 2 slices              | 66.990                     |
| 19004         | Snacks, corn-based, extruded, chips, barbecue-flavor                              | 28.35             | 1 oz                  | 66.906                     |
| 18031         | Bread, indian (navajo) fry                                                        | 90                | 5" bread              | 66.600                     |
| 18356         | Sweet rolls, cinnamon, commercially prepared with raisins                         | 60                | 1 roll                | 66.600                     |
| 18044         | Bread, pumpernickel                                                               | 32                | 1 slice               | 66.560                     |
| 18290         | Pancakes, plain, dry mix, complete, prepared                                      | 38                | 1 pancake             | 66.500                     |
| 01131         | Egg, whole, cooked, poached                                                       | 50                | 1 large               | 66.500                     |
| 16055         | Carob flour                                                                       | 8                 | 1 tbsp                | 66.160                     |
| 18045         | Bread, pumpernickel, toasted                                                      | 29                | 1 slice               | 66.120                     |
| 14355         | Tea, brewed, prepared with tap water                                              | 178               | 6 fl oz               | 65.860                     |
| 18110         | Cake, fruitcake, commercially prepared                                            | 43                | 1 piece               | 65.790                     |
| 18280         | Muffins, corn, dry mix, prepared                                                  | 50                | 1 muffin              | 65.500                     |
| 06125         | Gravy, turkey, canned                                                             | 59.6              | 1/4 cup               | 64.964                     |
| 06119         | Gravy, chicken, canned                                                            | 59.5              | 1/4 cup               | 64.855                     |
| 18255         | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                 | 60                | 1 medium              | 64.800                     |
| 20047         | Rice, white, long-grain, parboiled, enriched, cooked                              | 175               | 1 cup                 | 64.750                     |
| 08012         | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH                 | 27                | 3/4 cup               | 64.260                     |
| 06494         | Soup, onion, dehydrated, prepared with water                                      | 246               | 1 cup                 | 63.960                     |
| 14006         | Alcoholic beverage, beer, light                                                   | 354               | 12 fl oz              | 63.720                     |
| 06121         | Gravy, mushroom, canned                                                           | 59.6              | 1/4 cup               | 63.176                     |
| 01129         | Egg, whole, cooked, hard-boiled                                                   | 50                | 1 large               | 63.000                     |
| 12166         | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15                | 1 tbsp                | 62.100                     |
| 14267         | Fruit punch drink, with added nutrients, canned                                   | 248               | 8 fl oz               | 62.000                     |
| 19014         | Snacks, fruit leather, rolls                                                      | 21                | 1 large               | 61.740                     |

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## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                                                     | Weight (g) | Common Measure   | Content per Measure |
|--------|-------------------------------------------------------------------------------------------------|------------|------------------|---------------------|
| 20125  | Spaghetti, whole-wheat, cooked                                                                  | 140        | 1 cup            | 61.600              |
| 18353  | Rolls, hard (includes kaiser)                                                                   | 57         | 1 roll           | 61.560              |
| 19057  | Snacks, tortilla chips, nacho-flavor                                                            | 28.35      | 1 oz             | 61.236              |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate                                    | 28.35      | 1 oz             | 61.236              |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting                                        | 50         | 1 cupcake        | 61.000              |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                                              | 31         | 1 cup            | 60.760              |
| 18003  | Bagels, egg                                                                                     | 89         | 4" bagel         | 60.520              |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted                                         | 34         | 1 muffin         | 60.180              |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 47         | 1 medium         | 59.690              |
| 20112  | Noodles, egg, spinach, cooked, enriched                                                         | 160        | 1 cup            | 59.200              |
| 18048  | Bread, raisin, toasted, enriched                                                                | 24         | 1 slice          | 59.040              |
| 18047  | Bread, raisin, enriched                                                                         | 26         | 1 slice          | 59.020              |
| 01123  | Egg, whole, raw, fresh                                                                          | 44         | 1 medium         | 58.960              |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71         | 1 danish         | 58.930              |
| 15041  | Fish, herring, Atlantic, pickled                                                                | 85.05      | 3 oz             | 58.685              |
| 18305  | Pie, blueberry, commercially prepared                                                           | 117        | 1 piece          | 58.500              |
| 11961  | Hearts of palm, canned                                                                          | 33         | 1 piece          | 58.410              |
| 09152  | Lemon juice, raw                                                                                | 47         | juice of 1 lemon | 58.280              |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                         | 52         | 1 pastry         | 58.240              |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS                                    | 30         | 3/4 cup          | 57.600              |
| 09268  | Pineapple, canned, juice pack, solids and liquids                                               | 47         | 1 slice          | 57.340              |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS                                               | 30         | 1 cup            | 57.300              |
| 11935  | Catsup                                                                                          | 15         | 1 tbsp           | 57.300              |
| 18361  | Toaster pastries, brown-sugar-cinnamon                                                          | 50         | 1 pastry         | 57.000              |
| 19056  | Snacks, tortilla chips, plain                                                                   | 28.35      | 1 oz             | 55.850              |
| 11457  | Spinach, raw                                                                                    | 10         | 1 leaf           | 55.800              |
| 18079  | Bread crumbs, dry, grated, plain                                                                | 28.35      | 1 oz             | 55.566              |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water, commercial                      | 241        | 1 cup            | 55.430              |
| 11297  | Parsley, raw                                                                                    | 10         | 10 sprigs        | 55.400              |
| 20045  | Rice, white, long-grain, regular, cooked                                                        | 158        | 1 cup            | 55.300              |
| 11268  | Mushrooms, shiitake, dried                                                                      | 3.6        | 1 mushroom       | 55.224              |
| 18226  | Crackers, rye, wafers, plain                                                                    | 11         | 1 wafer          | 54.450              |
| 01124  | Egg, white, raw, fresh                                                                          | 33.4       | 1 large          | 54.442              |
| 20113  | Noodles, chinese, chow mein                                                                     | 45         | 1 cup            | 54.000              |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH                                                      | 27         | 3/4 cup          | 54.000              |
| 14215  | Coffee, instant, regular, prepared with water                                                   | 179        | 6 fl oz          | 53.700              |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES                                   | 26         | 3/4 cup          | 53.560              |
| 18036  | Bread, mixed-grain, toasted (includes whole-grain, 7-grain)                                     | 24         | 1 slice          | 53.280              |
| 18060  | Bread, rye                                                                                      | 32         | 1 slice          | 53.120              |
| 18035  | Bread, mixed-grain (includes whole-grain, 7-grain)                                              | 26         | 1 slice          | 53.040              |
| 09137  | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C   | 250        | 1 cup            | 52.500              |
| 18164  | Cookies, chocolate chip, refrigerated dough, baked                                              | 26         | 1 cookie         | 52.000              |

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| NDB_No | Description                                                                                       | Weight (g) | Common Measure   | Content per Measure |
|--------|---------------------------------------------------------------------------------------------------|------------|------------------|---------------------|
| 18177  | Cookies, molasses                                                                                 | 15         | 1 cookie, medium | 51.900              |
| 05028  | Chicken, liver, all classes, cooked, simmered                                                     | 19.6       | 1 liver          | 51.548              |
| 19127  | Candies, milk chocolate coated raisins                                                            | 10         | 10 pieces        | 51.400              |
| 12147  | Nuts, pine nuts, pignolia, dried                                                                  | 8.6        | 1 tbsp           | 51.342              |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                                           | 49         | 1 slice          | 50.960              |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt         | 242        | 1 cup            | 50.820              |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt          | 242        | 1 cup            | 50.820              |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS                                                  | 30         | 1 cup            | 50.400              |
| 18064  | Bread, wheat (includes wheat berry)                                                               | 25         | 1 slice          | 50.250              |
| 11632  | Peppers, jalapeno, canned, solids and liquids                                                     | 26         | 1/4 cup          | 50.180              |
| 18065  | Bread, wheat, toasted (includes wheat berry)                                                      | 23         | 1 slice          | 50.140              |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                                               | 30         | 1 cup            | 50.100              |
| 18505  | KELLOGG'S Eggo Lowfat Homestyle Waffles                                                           | 35         | 1 waffle         | 50.050              |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES                                           | 31         | 3/4 cup          | 49.910              |
| 02009  | Spices, chili powder                                                                              | 2.6        | 1 tsp            | 49.816              |
| 14293  | Lemonade, frozen concentrate, white, prepared with water                                          | 248        | 8 fl oz          | 49.600              |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS                                               | 30         | 3/4 cup          | 49.500              |
| 02029  | Spices, parsley, dried                                                                            | 1.3        | 1 tbsp           | 49.465              |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                                               | 76         | 1 half           | 49.400              |
| 02028  | Spices, paprika                                                                                   | 2.1        | 1 tsp            | 49.224              |
| 14371  | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259        | 8 fl oz          | 49.210              |
| 07065  | Pork and beef sausage, fresh, cooked                                                              | 26         | 2 links          | 49.140              |
| 18003  | Bagels, egg                                                                                       | 71         | 3-1/2" bagel     | 48.280              |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate                                   | 28.35      | 1 oz             | 47.912              |
| 06800  | Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve                                    | 62         | 1/4 cup          | 47.740              |
| 18235  | Crackers, whole-wheat                                                                             | 16         | 4 crackers       | 47.520              |
| 14367  | Tea, instant, unsweetened, powder, prepared                                                       | 237        | 8 fl oz          | 47.400              |
| 11529  | Tomatoes, red, ripe, raw, year round average                                                      | 20         | 1 slice          | 47.400              |
| 06116  | Gravy, beef, canned                                                                               | 58.25      | 1/4 cup          | 47.183              |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                                      | 28.35      | 1 oz             | 47.061              |
| 11956  | Tomatoes, sun-dried, packed in oil, drained                                                       | 3          | 1 piece          | 46.950              |
| 19013  | Snacks, fruit leather, pieces                                                                     | 28.35      | 1 oz             | 46.494              |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd                                      | 145        | 1 cup            | 46.400              |
| 18189  | Cookies, peanut butter, prepared from recipe                                                      | 20         | 1 cookie         | 46.200              |
| 18027  | Bread, egg                                                                                        | 40         | 1/2" slice       | 46.000              |
| 14242  | Cranberry juice cocktail, bottled                                                                 | 253        | 8 fl oz          | 45.540              |
| 08105  | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt                                   | 239        | 1 cup            | 45.410              |
| 08103  | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt                                 | 251        | 1 cup            | 45.180              |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                                  | 45         | 1 cup            | 45.000              |
| 20110  | Noodles, egg, cooked, enriched                                                                    | 160        | 1 cup            | 44.800              |
| 18025  | Bread, cracked-wheat                                                                              | 25         | 1 slice          | 44.250              |
| 18061  | Bread, rye, toasted                                                                               | 24         | 1 slice          | 43.920              |

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## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                            | Weight (g) | Common Measure    | Content per Measure |
|--------|------------------------------------------------------------------------|------------|-------------------|---------------------|
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES                 | 33         | 1-1/4 cup         | 43.890              |
| 20121  | Spaghetti, cooked, enriched, without added salt                        | 140        | 1 cup             | 43.400              |
| 20100  | Macaroni, cooked, enriched                                             | 140        | 1 cup             | 43.400              |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar                                  | 18         | 1 fun size bar    | 43.380              |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH             | 30         | 3/4 cup           | 42.600              |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked   | 27         | 2-1/2" biscuit    | 42.390              |
| 18403  | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)   | 33         | 1 waffle          | 42.240              |
| 19164  | Candies, SPECIAL DARK Chocolate Bar                                    | 8.4        | 1 miniature       | 42.168              |
| 14181  | Chocolate syrup                                                        | 18.75      | 1 tbsp            | 42.000              |
| 18364  | Tortillas, ready-to-bake or -fry, flour                                | 32         | 1 tortilla        | 41.920              |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids            | 46         | 1 plum            | 41.860              |
| 08157  | Cereals ready-to-eat, wheat, puffed, fortified                         | 12         | 1 cup             | 41.760              |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS                     | 30         | 3/4 cup           | 41.700              |
| 09160  | Lime juice, raw                                                        | 38         | juice of 1 lime   | 41.420              |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw              | 15         | 1 whole           | 41.400              |
| 19263  | Frozen juice novelties, fruit and juice bars                           | 77         | 1 bar (2.5 fl oz) | 40.810              |
| 19353  | Syrups, maple                                                          | 20         | 1 tbsp            | 40.800              |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS                        | 27         | 3/4 cup           | 40.770              |
| 06112  | Sauce, teriyaki, ready-to-serve                                        | 18         | 1 tbsp            | 40.500              |
| 18350  | Rolls, hamburger or hotdog, plain                                      | 43         | 1 roll            | 40.420              |
| 18220  | Crackers, melba toast, plain                                           | 20         | 4 pieces          | 40.400              |
| 11529  | Tomatoes, red, ripe, raw, year round average                           | 17         | 1 cherry tomato   | 40.290              |
| 19003  | Snacks, corn-based, extruded, chips, plain                             | 28.35      | 1 oz              | 40.257              |
| 18363  | Tortillas, ready-to-bake or -fry, corn                                 | 26         | 1 tortilla        | 40.040              |
| 11135  | Cauliflower, raw                                                       | 13         | 1 floweret        | 39.390              |
| 18279  | Muffins, corn, commercially prepared                                   | 57         | 1 muffin          | 39.330              |
| 01035  | Cheese, provolone                                                      | 28.35      | 1 oz              | 39.123              |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked    | 21         | 2-1/4" biscuit    | 38.850              |
| 18040  | Bread, oatmeal, toasted                                                | 25         | 1 slice           | 38.500              |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts                       | 35.2       | 1 cup             | 38.368              |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared with water       | 137        | 1 packet          | 38.360              |
| 18039  | Bread, oatmeal                                                         | 27         | 1 slice           | 38.340              |
| 08109  | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water         | 142        | 1 packet          | 38.340              |
| 01030  | Cheese, muenster                                                       | 28.35      | 1 oz              | 37.989              |
| 07024  | Frankfurter, chicken                                                   | 45         | 1 frank           | 37.800              |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX                       | 29         | 1 cup             | 37.700              |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 28         | 1 roll            | 37.240              |
| 18128  | Cake, snack cakes, creme-filled, sponge                                | 42.5       | 1 cake            | 36.975              |
| 19041  | Snacks, pork skins, plain                                              | 28.35      | 1 oz              | 36.005              |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS                   | 30         | 1 cup             | 36.000              |
| 18090  | Cake, boston cream pie, commercially prepared                          | 92         | 1 piece           | 35.880              |
| 18184  | Cookies, oatmeal, prepared from recipe, with raisins                   | 15         | 1 cookie          | 35.850              |
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine     | 16         | 1 cookie          | 35.840              |

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## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                                | Weight (g) | Common Measure   | Content per Measure |
|--------|----------------------------------------------------------------------------|------------|------------------|---------------------|
| 11740  | Broccoli, flower clusters, raw                                             | 11         | 1 floweret       | 35.750              |
| 11084  | Beets, canned, drained solids                                              | 24         | 1 beet           | 35.520              |
| 18178  | Cookies, oatmeal, commercially prepared, regular                           | 25         | 1 cookie         | 35.500              |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX                                   | 30         | 1-1/3 cup        | 35.100              |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe                 | 19         | 1 piece          | 34.200              |
| 06164  | Sauce, ready-to-serve, salsa                                               | 16         | 1 tbsp           | 34.080              |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting                 | 64         | 1 piece          | 33.920              |
| 18041  | Bread, pita, white, enriched                                               | 28         | 4" pita          | 33.600              |
| 11677  | Shallots, raw                                                              | 10         | 1 tbsp           | 33.400              |
| 18120  | Cake, pound, commercially prepared, butter                                 | 28         | 1 piece          | 33.320              |
| 19312  | Pie fillings, apple, canned                                                | 74         | 1/8 of 21-oz can | 33.300              |
| 18170  | Cookies, fig bars                                                          | 16         | 1 cookie         | 33.120              |
| 08266  | Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES                      | 30         | 3/4 cup          | 33.000              |
| 06528  | Soup, chicken noodle, dehydrated, prepared with water                      | 252.3      | 1 cup            | 32.799              |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                       | 30         | 1 cup            | 32.700              |
| 19036  | Snacks, popcorn, cakes                                                     | 10         | 1 cake           | 32.700              |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)                           | 8          | 1 tbsp           | 32.560              |
| 01031  | Cheese, neufchatel                                                         | 28.35      | 1 oz             | 32.319              |
| 16158  | Hummus, commercial                                                         | 14         | 1 tbsp           | 31.920              |
| 18217  | Crackers, matzo, plain                                                     | 28.35      | 1 matzo          | 31.752              |
| 08117  | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt | 240        | 1 cup            | 31.200              |
| 04023  | Salad dressing, thousand island dressing, reduced fat                      | 15.3       | 1 tbsp           | 30.906              |
| 02015  | Spices, curry powder                                                       | 2          | 1 tsp            | 30.860              |
| 02020  | Spices, garlic powder                                                      | 2.8        | 1 tsp            | 30.828              |
| 14376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared    | 237        | 8 fl oz          | 30.810              |
| 18451  | Cake, pound, commercially prepared, fat-free                               | 28         | 1 slice          | 30.800              |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX                             | 31         | 1-1/4 cup        | 30.380              |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling               | 7          | 1 sandwich       | 30.030              |
| 14277  | Grape drink, canned                                                        | 250        | 8 fl oz          | 30.000              |
| 18133  | Cake, sponge, commercially prepared                                        | 30         | 1 shortcake      | 29.700              |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX                        | 30         | 3/4 cup          | 29.700              |
| 18070  | Bread, white, commercially prepared, toasted                               | 22         | 1 slice          | 28.820              |
| 16123  | Soy sauce made from soy and wheat (shoyu)                                  | 16         | 1 tbsp           | 28.800              |
| 19040  | Snacks, popcorn, cheese-flavor                                             | 11         | 1 cup            | 28.710              |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein  | 15         | 1 tbsp           | 28.650              |
| 18029  | Bread, french or vienna (includes sourdough)                               | 25         | 1/2" slice       | 28.250              |
| 08246  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes                     | 30         | 1-1/3 cup        | 28.200              |
| 18055  | Bread, reduced-calorie, wheat                                              | 23         | 1 slice          | 28.060              |
| 02007  | Spices, celery seed                                                        | 2          | 1 tsp            | 28.000              |
| 01009  | Cheese, cheddar                                                            | 28.35      | 1 oz             | 27.783              |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar                                          | 7          | 1 fun size bar   | 27.650              |
| 09316  | Strawberries, raw                                                          | 18         | 1 strawberry     | 27.540              |
| 06150  | Sauce, barbecue sauce                                                      | 15.75      | 1 tbsp           | 27.405              |

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| NDB_No | Description                                                                              | Weight (g) | Common Measure | Content per Measure |
|--------|------------------------------------------------------------------------------------------|------------|----------------|---------------------|
| 01029  | Cheese, mozzarella, part skim milk, low moisture                                         | 28.35      | 1 oz           | 26.933              |
| 06075  | Soup, beef broth or bouillon, powder, dry                                                | 6          | 1 packet       | 26.760              |
| 02030  | Spices, pepper, black                                                                    | 2.1        | 1 tsp          | 26.439              |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS                                       | 31         | 1 cup          | 26.350              |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                              | 36         | 1 pancake      | 26.280              |
| 19051  | Snacks, rice cakes, brown rice, plain                                                    | 9          | 1 cake         | 26.100              |
| 11001  | Alfalfa seeds, sprouted, raw                                                             | 33         | 1 cup          | 26.070              |
| 18086  | Cake, angelfood, commercially prepared                                                   | 28         | 1 piece        | 26.040              |
| 04022  | Salad dressing, russian dressing, low calorie                                            | 16.3       | 1 tbsp         | 25.591              |
| 01186  | Cheese, cream, fat free                                                                  | 15.6       | 1 tbsp         | 25.428              |
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes                                     | 28         | 1 cup          | 25.200              |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered                           | 18         | 1 neck         | 25.200              |
| 18185  | Cookies, peanut butter, commercially prepared, regular                                   | 15         | 1 cookie       | 25.050              |
| 02027  | Spices, oregano, dried                                                                   | 1.5        | 1 tsp          | 25.035              |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                         | 25         | 1 slice        | 25.000              |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX                                           | 30         | 1 cup          | 24.900              |
| 19035  | Snacks, popcorn, oil-popped                                                              | 11         | 1 cup          | 24.750              |
| 11251  | Lettuce, cos or romaine, raw                                                             | 10         | 1 leaf         | 24.700              |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX                                     | 30         | 3/4 cup        | 24.600              |
| 18206  | Cookies, sugar, refrigerated dough, baked                                                | 15         | 1 cookie       | 24.450              |
| 19034  | Snacks, popcorn, air-popped                                                              | 8          | 1 cup          | 24.080              |
| 04015  | Salad dressing, russian dressing                                                         | 15.3       | 1 tbsp         | 24.021              |
| 18360  | Taco shells, baked                                                                       | 13.3       | 1 medium       | 23.807              |
| 11960  | Carrots, baby, raw                                                                       | 10         | 1 medium       | 23.700              |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                     | 30         | 3/4 cup        | 23.700              |
| 18456  | Cookies, oatmeal, commercially prepared, fat-free                                        | 11         | 1 cookie       | 23.320              |
| 11935  | Catsup                                                                                   | 6          | 1 packet       | 22.920              |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                                  | 31         | 3/4 cup        | 22.630              |
| 18053  | Bread, reduced-calorie, rye                                                              | 23         | 1 slice        | 22.540              |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe                                          | 17         | 1 piece        | 22.270              |
| 18033  | Bread, italian                                                                           | 20         | 1 slice        | 22.000              |
| 01040  | Cheese, swiss                                                                            | 28.35      | 1 oz           | 21.830              |
| 19074  | Candies, caramels                                                                        | 10.1       | 1 piece        | 21.614              |
| 01026  | Cheese, mozzarella, whole milk                                                           | 28.35      | 1 oz           | 21.546              |
| 14416  | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355        | 12 fl oz       | 21.300              |
| 18179  | Cookies, oatmeal, commercially prepared, soft-type                                       | 15         | 1 cookie       | 20.250              |
| 06909  | Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve                            | 63         | 1/4 cup        | 20.160              |
| 11282  | Onions, raw                                                                              | 14         | 1 slice        | 20.160              |
| 02026  | Spices, onion powder                                                                     | 2.1        | 1 tsp          | 19.803              |
| 01049  | Cream, fluid, half and half                                                              | 15         | 1 tbsp         | 19.500              |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type                                | 12         | 1 tbsp         | 19.440              |
| 11253  | Lettuce, green leaf, raw                                                                 | 10         | 1 leaf         | 19.400              |
| 04134  | Salad dressing, home recipe, cooked                                                      | 16         | 1 tbsp         | 19.360              |

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| NDB_No | Description                                                     | Weight (g) | Common Measure | Content per Measure |
|--------|-----------------------------------------------------------------|------------|----------------|---------------------|
| 01055  | Cream, sour, reduced fat, cultured                              | 15         | 1 tbsp         | 19.350              |
| 06175  | Sauce, hoisin, ready-to-serve                                   | 16         | 1 tbsp         | 19.040              |
| 11943  | Pimento, canned                                                 | 12         | 1 tbsp         | 18.960              |
| 06930  | Sauce, cheese, ready-to-serve                                   | 63         | 1/4 cup        | 18.900              |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)    | 14         | 2 squares      | 18.900              |
| 18358  | Sweet rolls, cinnamon, refrigerated dough with frosting, baked  | 30         | 1 roll         | 18.900              |
| 01168  | Cheese, low fat, cheddar or colby                               | 28.35      | 1 oz           | 18.711              |
| 09316  | Strawberries, raw                                               | 12         | 1 strawberry   | 18.360              |
| 01050  | Cream, fluid, light (coffee cream or table cream)               | 15         | 1 tbsp         | 18.300              |
| 01125  | Egg, yolk, raw, fresh                                           | 16.6       | 1 large        | 18.094              |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw       | 7.5        | 1 medium leaf  | 17.850              |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 14         | 1 hole         | 17.780              |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes | 16         | 1 cookie       | 17.760              |
| 01019  | Cheese, feta                                                    | 28.35      | 1 oz           | 17.577              |
| 11333  | Peppers, sweet, green, raw                                      | 10         | 1 ring         | 17.500              |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular        | 10         | 1 cookie       | 17.500              |
| 18057  | Bread, reduced-calorie, white                                   | 23         | 1 slice        | 17.480              |
| 04020  | Salad dressing, french dressing, reduced fat                    | 16.3       | 1 tbsp         | 17.441              |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX                       | 30         | 1 cup          | 17.400              |
| 19076  | Candies, caramels, chocolate-flavor roll                        | 7          | 1 piece        | 17.360              |
| 01056  | Cream, sour, cultured                                           | 12         | 1 tbsp         | 17.280              |
| 01017  | Cheese, cream                                                   | 14.5       | 1 tbsp         | 17.255              |
| 20068  | Tapioca, pearl, dry                                             | 152        | 1 cup          | 16.720              |
| 04017  | Salad dressing, thousand island, commercial, regular            | 15.6       | 1 tbsp         | 16.692              |
| 07073  | Sandwich spread, pork, beef                                     | 15         | 1 tbsp         | 16.500              |
| 01069  | Cream substitute, powdered                                      | 2          | 1 tsp          | 16.240              |
| 07083  | Sausage, Vienna, canned, beef and pork                          | 16         | 1 sausage      | 16.160              |
| 14545  | Tea, herb, chamomile, brewed                                    | 178        | 6 fl oz        | 16.020              |
| 14381  | Tea, herb, other than chamomile, brewed                         | 178        | 6 fl oz        | 16.020              |
| 18229  | Crackers, standard snack-type, regular                          | 12         | 4 crackers     | 15.960              |
| 08156  | Cereals ready-to-eat, rice, puffed, fortified                   | 14         | 1 cup          | 15.820              |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof                   | 52         | 1.5 fl oz      | 15.600              |
| 09153  | Lemon juice, canned or bottled                                  | 15.2       | 1 tbsp         | 15.504              |
| 19294  | Fruit butters, apple                                            | 17         | 1 tbsp         | 15.470              |
| 19297  | Jams and preserves                                              | 20         | 1 tbsp         | 15.400              |
| 18228  | Crackers, saltines (includes oyster, soda, soup)                | 12         | 4 crackers     | 15.360              |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling      | 7          | 1 sandwich     | 15.260              |
| 02048  | Vinegar, cider                                                  | 15         | 1 tbsp         | 15.000              |
| 19104  | Candies, fudge, vanilla with nuts for 19104                     | 15         | 1 piece        | 15.000              |
| 09081  | Cranberry sauce, canned, sweetened                              | 57         | 1 slice        | 14.820              |
| 18232  | Crackers, wheat, regular                                        | 8          | 4 crackers     | 14.640              |
| 01052  | Cream, fluid, light whipping                                    | 15         | 1 tbsp         | 14.550              |
| 18214  | Crackers, cheese, regular                                       | 10         | 10 crackers    | 14.500              |
| 19141  | Candies, M&M MARS, "M&M's" Milk Chocolate Candies               | 7          | 10 pieces      | 14.210              |

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| NDB_No | Description                                                                   | Weight (g) | Common Measure    | Content per Measure |
|--------|-------------------------------------------------------------------------------|------------|-------------------|---------------------|
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)             | 13         | 1 hole            | 14.040              |
| 18210  | Cookies, vanilla sandwich with creme filling                                  | 15         | 1 cookie          | 13.650              |
| 18159  | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched     | 10         | 1 cookie          | 13.500              |
| 19230  | Frostings, vanilla, creamy, ready-to-eat                                      | 38         | 1/12 package      | 12.920              |
| 04021  | Salad dressing, italian dressing, reduced fat                                 | 15         | 1 tbsp            | 12.750              |
| 11667  | Seaweed, spirulina, dried                                                     | 0.93       | 1 tbsp            | 12.676              |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe                            | 60         | 2 fl oz           | 12.600              |
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat            | 10         | 1 cookie          | 12.300              |
| 02055  | Horseradish, prepared                                                         | 5          | 1 tsp             | 12.300              |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                              | 8          | 1 medium          | 12.160              |
| 11215  | Garlic, raw                                                                   | 3          | 1 clove           | 12.030              |
| 09161  | Lime juice, canned or bottled, unsweetened                                    | 15.4       | 1 tbsp            | 11.550              |
| 02010  | Spices, cinnamon, ground                                                      | 2.3        | 1 tsp             | 11.500              |
| 01053  | Cream, fluid, heavy whipping                                                  | 15         | 1 tbsp            | 11.250              |
| 19334  | Sugars, brown                                                                 | 3.2        | 1 tsp             | 11.072              |
| 19296  | Honey                                                                         | 21         | 1 tbsp            | 10.920              |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine                     | 14         | 1 cookie          | 10.780              |
| 19108  | Candies, jellybeans                                                           | 28.35      | 10 large          | 10.490              |
| 11429  | Radishes, raw                                                                 | 4.5        | 1 radish          | 10.485              |
| 04120  | Salad dressing, french dressing, commercial, regular                          | 15.6       | 1 tbsp            | 10.452              |
| 19300  | Jellies                                                                       | 19         | 1 tbsp            | 10.260              |
| 18193  | Cookies, shortbread, commercially prepared, pecan                             | 14         | 1 cookie          | 10.220              |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)             | 15         | 1 cookie          | 9.450               |
| 18210  | Cookies, vanilla sandwich with creme filling                                  | 10         | 1 cookie          | 9.100               |
| 11445  | Seaweed, kelp, raw                                                            | 10         | 2 tbsp            | 8.900               |
| 11156  | Chives, raw                                                                   | 3          | 1 tbsp            | 8.880               |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares                       | 22         | 1 bar             | 8.580               |
| 18192  | Cookies, shortbread, commercially prepared, plain                             | 8          | 1 cookie          | 8.000               |
| 02046  | Mustard, prepared, yellow                                                     | 5          | 1 tsp or 1 packet | 7.550               |
| 14150  | Carbonated beverage, orange                                                   | 372        | 12 fl oz          | 7.440               |
| 02045  | Dill weed, fresh                                                              | 1          | 5 sprigs          | 7.380               |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe                                 | 16         | 1 piece           | 7.360               |
| 14121  | Carbonated beverage, club soda                                                | 355        | 12 fl oz          | 7.100               |
| 14143  | Carbonated beverage, low calorie, other than cola or pepper, without caffeine | 355        | 12 fl oz          | 7.100               |
| 04114  | Salad dressing, italian dressing, commercial, regular                         | 14.7       | 1 tbsp            | 7.056               |
| 19281  | Ice novelties, italian, restaurant-prepared                                   | 116        | 1/2 cup           | 6.960               |
| 06168  | Sauce, ready-to-serve, pepper or hot                                          | 4.7        | 1 tsp             | 6.768               |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared             | 165        | 1 cup             | 6.600               |
| 01032  | Cheese, parmesan, grated                                                      | 5          | 1 tbsp            | 6.250               |
| 02050  | Vanilla extract                                                               | 4.2        | 1 tsp             | 6.216               |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk               | 4          | 1 tbsp            | 6.040               |
| 04132  | Margarine, regular, unspecified oils, with salt added                         | 14.1       | 1 tbsp            | 5.922               |
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular        | 15.3       | 1 tbsp            | 5.661               |

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Potassium, K (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description                                                                     | Weight (g) | Common Measure  | Content per Measure |
|--------|---------------------------------------------------------------------------------|------------|-----------------|---------------------|
| 18155  | Cookies, butter, commercially prepared, enriched                                | 5          | 1 cookie        | 5.550               |
| 04611  | Margarine, regular, tub, composite, 80% fat, with salt                          | 14.2       | 1 tbsp          | 5.396               |
| 04585  | Margarine-butter blend, 60% corn oil margarine and 40% butter                   | 14.2       | 1 tbsp          | 5.112               |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt                              | 13.8       | 1 tbsp          | 4.692               |
| 01054  | Cream, whipped, cream topping, pressurized                                      | 3          | 1 tbsp          | 4.410               |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                 | 14.3       | 1 tbsp          | 4.290               |
| 18212  | Cookies, vanilla wafers, lower fat                                              | 4          | 1 cookie        | 3.880               |
| 11945  | Pickle relish, sweet                                                            | 15         | 1 tbsp          | 3.750               |
| 14142  | Carbonated beverage, grape soda                                                 | 372        | 12 fl oz        | 3.720               |
| 14157  | Carbonated beverage, root beer                                                  | 370        | 12 fl oz        | 3.700               |
| 14400  | Carbonated beverage, cola, contains caffeine                                    | 370        | 12 fl oz        | 3.700               |
| 19106  | Candies, gumdrops, starch jelly pieces                                          | 74         | 10 worms        | 3.700               |
| 14145  | Carbonated beverage, lemon-lime soda                                            | 368        | 12 fl oz        | 3.680               |
| 14153  | Carbonated beverage, pepper-type, contains caffeine                             | 368        | 12 fl oz        | 3.680               |
| 14136  | Carbonated beverage, ginger ale                                                 | 366        | 12 fl oz        | 3.660               |
| 01145  | Butter, without salt                                                            | 14.2       | 1 tbsp          | 3.408               |
| 01001  | Butter, salted                                                                  | 14.2       | 1 tbsp          | 3.408               |
| 04133  | Salad dressing, french, home recipe                                             | 14         | 1 tbsp          | 3.360               |
| 19129  | Syrups, table blends, pancake                                                   | 20         | 1 tbsp          | 3.000               |
| 14297  | Lemonade-flavor drink, powder, prepared with water                              | 266        | 8 fl oz         | 2.660               |
| 19116  | Candies, marshmallows                                                           | 50         | 1 cup           | 2.500               |
| 19283  | Ice novelties, pop                                                              | 59         | 1 bar (2 fl oz) | 2.360               |
| 09193  | Olives, ripe, canned (small-extra large)                                        | 22         | 5 large         | 1.760               |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                 | 4.8        | 1 tsp           | 1.440               |
| 04613  | Margarine, vegetable oil spread, 60% fat, tub/bottle                            | 4.8        | 1 tsp           | 1.440               |
| 19173  | Gelatin desserts, dry mix, prepared with water                                  | 135        | 1/2 cup         | 1.350               |
| 04135  | Salad dressing, home recipe, vinegar and oil                                    | 15.6       | 1 tbsp          | 1.248               |
| 04128  | Margarine-like spread, (approximately 40% fat), unspecified oils                | 4.8        | 1 tsp           | 1.200               |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117        | 1/2 cup         | 1.170               |
| 19106  | Candies, gumdrops, starch jelly pieces                                          | 22         | 10 bears        | 1.100               |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate         | 4.6        | 1 tsp           | 0.920               |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof          | 42         | 1.5 fl oz       | 0.840               |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof          | 42         | 1.5 fl oz       | 0.840               |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof          | 42         | 1.5 fl oz       | 0.840               |
| 19350  | Syrups, corn, light                                                             | 20         | 1 tbsp          | 0.800               |
| 01072  | Dessert topping, pressurized                                                    | 4          | 1 tbsp          | 0.760               |
| 01073  | Dessert topping, semi solid, frozen                                             | 4          | 1 tbsp          | 0.720               |
| 02047  | Salt, table                                                                     | 6          | 1 tsp           | 0.480               |
| 19128  | Syrups, table blends, pancake, reduced-calorie                                  | 15         | 1 tbsp          | 0.450               |
| 19107  | Candies, hard                                                                   | 6          | 1 piece         | 0.300               |
| 20027  | Cornstarch                                                                      | 8.064      | 1 tbsp          | 0.242               |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate              | 4.6        | 1 tsp           | 0.230               |
| 19106  | Candies, gumdrops, starch jelly pieces                                          | 4.2        | 1 medium        | 0.210               |

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|---------------|-------------------------------------------------------------------------------------------------|-------------------|-----------------------|----------------------------|
| 19336         | Sugars, powdered                                                                                | 8                 | 1 tbsp                | 0.160                      |
| 19107         | Candies, hard                                                                                   | 3                 | 1 small piece         | 0.150                      |
| 04053         | Oil, olive, salad or cooking                                                                    | 13.5              | 1 tbsp                | 0.135                      |
| 19156         | Candies, M&M MARS, STARBURST Fruit Chews                                                        | 5                 | 1 piece               | 0.100                      |
| 19335         | Sugars, granulated                                                                              | 4.2               | 1 tsp                 | 0.084                      |
| 14429         | Water, municipal                                                                                | 237               | 8 fl oz               | 0.000                      |
| 18372         | Leavening agents, baking soda                                                                   | 4.6               | 1 tsp                 | 0.000                      |
| 04002         | Lard                                                                                            | 12.8              | 1 tbsp                | 0.000                      |
| 14290         | Lemonade, low calorie, with aspartame, powder, prepared with water                              | 237               | 8 fl oz               | 0.000                      |
| 04582         | Vegetable oil, canola                                                                           | 14                | 1 tbsp                | 0.000                      |
| 04543         | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed                                   | 13.6              | 1 tbsp                | 0.000                      |
| 04518         | Oil, vegetable corn, salad or cooking                                                           | 13.6              | 1 tbsp                | 0.000                      |
| 04511         | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) | 13.6              | 1 tbsp                | 0.000                      |
| 04506         | Oil, vegetable, sunflower, linoleic, (60% and over)                                             | 13.6              | 1 tbsp                | 0.000                      |
| 04058         | Oil, sesame, salad or cooking                                                                   | 13.6              | 1 tbsp                | 0.000                      |
| 04042         | Oil, peanut, salad or cooking                                                                   | 13.5              | 1 tbsp                | 0.000                      |
| 04034         | Oil, soybean, salad or cooking, (hydrogenated)                                                  | 13.6              | 1 tbsp                | 0.000                      |
| 04031         | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)                         | 12.8              | 1 tbsp                | 0.000                      |