

Description	Measure	Potassium, K(mg)Per Measure
Seaweed, spirulina, dried	1.0 cup	1527
Beet greens, cooked, boiled, drained, with salt	1.0 cup (1" pieces)	1309
Cabbage, japanese style, fresh, pickled	1.0 cup	1280
Nuts, pistachio nuts, raw	1.0 cup	1261
Nuts, almonds	1.0 cup, whole	1048
Seeds, pumpkin and squash seed kernels, dried	1.0 cup	1044
Chard, swiss, cooked, boiled, drained, with salt	1.0 cup, chopped	961
Squash, winter, acorn, cooked, baked, with salt	1.0 cup, cubes	896
Nuts, brazilnuts, dried, unblanched	1.0 cup, whole	876
Spinach, cooked, boiled, drained, without salt	1.0 cup	839
Nuts, pine nuts, dried	1.0 cup	806
Bamboo shoots, raw	1.0 cup (1/2" slices)	805
Nuts, hazelnuts or filberts	1.0 cup, chopped	782
Nuts, cashew nuts, dry roasted, with salt added	1.0 cup, halves and whole	774
Mustard spinach, (tendergreen), raw	1.0 cup, chopped	674
Seeds, sesame seeds, whole, dried	1.0 cup	674
Nuts, walnuts, black, dried	1.0 cup, chopped	654
Seeds, sunflower seed kernels, oil roasted, with salt added	1.0 cup	652
Nuts, coconut milk, raw (liquid expressed from grated meat and water)	1.0 cup	631
Mushrooms, oyster, raw	1.0 large	622
Pumpkin, cooked, boiled, drained, without salt	1.0 cup, mashed	564
Kohlrabi, cooked, boiled, drained, with salt	1.0 cup slices	561
Mushrooms, portabella, grilled	1.0 cup sliced	529
Garlic, raw	1.0 cup	545
Nuts, macadamia nuts, raw	1.0 cup, whole or halves	493
Brussels sprouts, frozen, cooked, boiled, drained, with salt	1.0 cup	450
Nuts, pecans	1.0 cup, chopped	447
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	1.0 cup	444
Beets, raw	1.0 cup	442
Kale, frozen, cooked, boiled, drained, with salt	1.0 cup, chopped	417
Borage, raw	1.0 cup (1" pieces)	418
Asparagus, canned, drained solids	1.0 cup	416
Peppers, ancho, dried	1.0 pepper	410
Mushrooms, brown, italian, or crimini, raw	1.0 cup whole	390
Broccoli, stalks, raw	1.0 stalk	370
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cup	367
Burdock root, raw	1.0 cup (1" pieces)	363
Waterchestnuts, chinese, (matai), raw	0.5 cup slices	362
Fennel, bulb, raw	1.0 cup, sliced	360
Onions, cooked, boiled, drained, with salt	1.0 cup	349
Artichokes, (globe or french), cooked, boiled, drained, with salt	1.0 artichoke, medium	343
Cauliflower, raw	1.0 cup chopped (1/2" pieces)	320
Pepper, banana, raw	1.0 cup	317
Beet greens, raw	1.0 cup	290
Broccoli, raw	1.0 cup chopped	288
Nuts, coconut meat, raw	1.0 cup, shredded	285
Onions, spring or scallions (includes tops and bulb), raw	1.0 cup, chopped	276
Radishes, raw	1.0 cup slices	270
Celery, raw	1.0 cup chopped	263
Hearts of palm, canned	1.0 cup	258