USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Potassium, K (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 16, 2016 02:31 EDT

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19304	Molasses	337.0	1.0 cup	4934
11432	Radishes, oriental, dried	116.0	1.0 cup	4053
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	3696
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	3626
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3342
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	3315
19355	Syrups, sorghum	330.0	1.0 cup	3300
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	3218
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	3074
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	3069
16119	Soy meal, defatted, raw	122.0	1.0 cup	3038
01115	Whey, sweet, dried	145.0	1.0 cup	3016
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	2877
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	2854
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2834
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	2775
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	2760
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	2742
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	2688
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	2597
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2594
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	2587
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	2579
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	2563
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	2538
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2528
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2528
16117	Soy flour, defatted	105.0	1.0 cup	2503
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	2501

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	2477
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2470
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	2465
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	2421
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	2334
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2296
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	2202
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	2158
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	2113
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	2042
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2035
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	2012
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1932
11683	Carrot, dehydrated	74.0	1.0 cup	1880
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1857
11955	Tomatoes, sun-dried	54.0	1.0 cup	1851
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	1839
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	1838
16076	Lupins, mature seeds, raw	180.0	1.0 cup	1823
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	1813
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1778
20060	Rice bran, crude	118.0	1.0 cup	1752
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	1749
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1735
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	1722
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1702
16106	Meat extender	88.0	1.0 cup	1674
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1666
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1648
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	1648
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1644
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1630
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1627
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1621
11413	Potato flour	160.0	1.0 cup	1602
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	1594

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1593
11450	Soybeans, green, raw	256.0	1.0 cup	1587
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	1576
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	1567
11667	Seaweed, spirulina, dried	112.0	1.0 cup	1527
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	1511
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	1491
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1436
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	1406
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	1397
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1372
09299	Raisins, seeded	165.0	1.0 cup, packed	1361
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	1354
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	1341
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1317
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	1311
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	1309
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	1309
01113	Whey, acid, dried	57.0	1.0 cup	1305
16069	Lentils, raw	192.0	1.0 cup	1300
09085	Currants, zante, dried	144.0	1.0 cup	1284
16144	Lentils, pink or red, raw	192.0	1.0 cup	1283
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1282
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	1280
16113	Natto	175.0	1.0 cup	1276
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1274
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1269
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1261
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1239
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1239
09298	Raisins, seedless	165.0	1.0 cup, packed	1236
09297	Raisins, golden seedless	165.0	1.0 cup, packed	1231
11601	Yam, raw	150.0	1.0 cup, cubes	1224
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1224
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1224
21270	TACO BELL, Taco Salad	533.0	1.0 item	1221

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09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	1196
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	1194
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	1190
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	1189
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1171
09038	Avocados, raw, California	230.0	1.0 cup, pureed	1166
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1165
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1164
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1162
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	1159
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1159
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	1155
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1154
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1145
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1141
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1141
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	1138
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1125
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	1116
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	1115
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	1114
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	1111
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	1098
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	1098
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1097
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1097
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1097
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	1094
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	1091
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1089
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1088
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1088
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1088
16091	Peanuts, spanish, raw	146.0	1.0 cup	1086
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	1081
09059	Breadfruit, raw	220.0	1.0 cup	1078

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36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	1075
05305	Ground turkey, raw	453.6	1.0 lb	1075
19352	Syrups, malt	332.0	1.0 cup	1062
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	1059
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	1057
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	1052
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	1050
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	1049
12061	Nuts, almonds	143.0	1.0 cup, whole	1048
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1045
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1045
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1044
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1037
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1033
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	1028
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	1028
19059	Snacks, trail mix, regular	150.0	1.0 cup	1028
20078	Wheat germ, crude	115.0	1.0 cup	1026
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	1020
09094	Figs, dried, uncooked	149.0	1.0 cup	1013
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	1012
16095	Peanuts, virginia, raw	146.0	1.0 cup	1007
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1004
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1004
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1004
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	1003
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	1002
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	1001
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	1000
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	995
19061	Snacks, trail mix, tropical	140.0	1.0 cup	993
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	988
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	984
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	984
20001	Amaranth grain, uncooked	193.0	1.0 cup	980
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	979

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	970
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	970
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	970
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	970
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	969
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	969
09087	Dates, deglet noor	147.0	1.0 cup, chopped	964
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	961
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	961
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	960
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	959
20035	Quinoa, uncooked	170.0	1.0 cup	957
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	956
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	955
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	955
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	955
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	953
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	950
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	949
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	946
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	946
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	946
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	945
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	945
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	939
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	939
16059	Chili with beans, canned	256.0	1.0 cup	934
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	932
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	932
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	931
09278	Plantains, cooked	200.0	1.0 cup, mashed	930
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	930
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	930
36014	Restaurant, family style, french fries	170.0	1.0 serving	926
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	926
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	926

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	926
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	926
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	921
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	920
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	920
20063	Rye flour, dark	128.0	1.0 cup	918
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	915
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	911
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	911
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	910
16005	Beans, baked, home prepared	253.0	1.0 cup	906
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	903
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	903
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	900
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	900
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	899
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	896
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	896
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	888
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	886
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	886
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	886
36002	APPLEBEE'S, french fries	164.0	1.0 serving	882
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	882
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	881
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	881
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	879
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	876
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	875
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	864
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	863
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	863
20062	Rye grain	169.0	1.0 cup	862
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	861
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	861
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	859

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16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	859
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	857
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	854
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	854
16055	Carob flour	103.0	1.0 cup	852
16007	Beans, baked, canned, with beef	266.0	1.0 cup	851
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	850
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	848
42136	Cream substitute, powdered, light	94.0	1.0 cup	848
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	847
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	847
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	847
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	846
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	846
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	842
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	842
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	840
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	839
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	839
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	839
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	838
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	836
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	835
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	833
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	832
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	832
20004	Barley, hulled	184.0	1.0 cup	832
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	830
20074	Wheat, hard white	192.0	1.0 cup	829
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	829
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	829
20076	Wheat, durum	192.0	1.0 cup	828
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	826
20142	Teff, uncooked	193.0	1.0 cup	824
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	821

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	820
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	819
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	815
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	815
16100	Peanut flour, low fat	60.0	1.0 cup	815
36610	DENNY'S, french fries	165.0	1.0 serving	812
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	809
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	807
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	807
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	806
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	806
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	806
12147	Nuts, pine nuts, dried	135.0	1.0 cup	806
09040	Bananas, raw	225.0	1.0 cup, mashed	806
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	805
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	801
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	801
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	796
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	796
16172	Refried beans, canned, fat-free	231.0	1.0 cup	795
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	794
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	792
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	791
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	788
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	787
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	787
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	785
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	785
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	783
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	783
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	782
20008	Buckwheat	170.0	1.0 cup	782
16009	Beans, baked, canned, with pork	253.0	1.0 cup	782
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	780
16157	Chickpea flour (besan)	92.0	1.0 cup	778
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	778

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	777
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	776
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	774
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	774
16099	Peanut flour, defatted	60.0	1.0 cup	774
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	774
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	773
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	772
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	768
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	768
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	765
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	764
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	764
09095	Figs, dried, stewed	259.0	1.0 cup	761
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	759
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	759
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	759
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	759
11525	Taro, tahitian, raw	125.0	1.0 cup slices	758
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	755
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	754
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	754
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	754
09322	Tamarinds, raw	120.0	1.0 cup, pulp	754
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	751
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	750
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	750
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	749
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	749
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	748
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	746
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	746
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	744
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	742
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	742

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	741
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	740
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	740
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	740
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	739
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	739
09144	Jackfruit, raw	165.0	1.0 cup, sliced	739
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	739
09277	Plantains, raw	148.0	1.0 cup, sliced	739
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	738
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	737
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	734
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	734
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	732
20075	Wheat, soft white	168.0	1.0 cup	731
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	731
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	731
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	730
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	730
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	730
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	729
11549	Tomato products, canned, sauce	245.0	1.0 cup	728
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	728
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	728
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	726
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	724
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	724
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	722
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	718
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	718
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	718
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	718
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	718
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	717
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	717

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	714
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	714
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	714
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	713
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	713
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	713
09140	Guavas, strawberry, raw	244.0	1.0 cup	712
11122	Cardoon, raw	178.0	1.0 cup, shredded	712
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	712
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	711
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	711
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	711
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	711
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	710
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	710
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	708
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	708
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	708
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	707
09294	Prune juice, canned	256.0	1.0 cup	707
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	706
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	703
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	702
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	701
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	701
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	700
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	699
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	698
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	698
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	698
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	698
20067	Sorghum grain	192.0	1.0 cup	697
20072	Wheat, hard red winter	192.0	1.0 cup	697
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	697
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	696
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	696

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	694
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	693
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	692
21139	Fast foods, potato, mashed	242.0	1.0 cup	692
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	692
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	692
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	692
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	690
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	690
11655	Carrot juice, canned	236.0	1.0 cup	689
09139	Guavas, common, raw	165.0	1.0 cup	688
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	687
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	687
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	686
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	686
20077	Wheat bran, crude	58.0	1.0 cup	686
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	685
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	685
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	685
16114	Tempeh	166.0	1.0 cup	684
20088	Wild rice, raw	160.0	1.0 cup	683
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	682
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	680
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	680
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	679
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	678
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	678
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	676
11212	Edamame, frozen, prepared	155.0	1.0 cup	676
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	676
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	675
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	675
20140	Spelt, uncooked	174.0	1.0 cup	675
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	674
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	674
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	671

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	669
20038	Oats	156.0	1.0 cup	669
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	669
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	669
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	667
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	667
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	667
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	667
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	667
20073	Wheat, soft red winter	168.0	1.0 cup	667
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	666
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	666
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	664
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	664
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	663
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	662
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	662
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	662
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	662
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	659
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	659
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	658
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	658
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	658
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	658
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	658
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	656
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	655
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	655
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	655
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	654
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	654
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	654
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	653
20071	Wheat, hard red spring	192.0	1.0 cup	653
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	652

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	652
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	652
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	651
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	651
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	650
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	650
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	650
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	650
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	649
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	648
36027	DENNY'S, chicken strips	194.0	1.0 serving	648
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	645
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	645
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	644
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	644
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	644
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	642
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	642
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	641
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	641
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	641
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	640
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	640
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	639
11878	Taro, cooked, with salt	132.0	1.0 cup slices	639
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	639
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	638
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	638
20069	Triticale	192.0	1.0 cup	637
11414	Potato salad, home-prepared	250.0	1.0 cup	635
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	631
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	631
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	631
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	631
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	630

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	629
01069	Cream substitute, powdered	94.0	1.0 cup	629
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	627
09315	Soursop, raw	225.0	1.0 cup, pulp	626
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	625
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	624
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	623
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	622
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	622
11987	Mushrooms, oyster, raw	148.0	1.0 large	622
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	622
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	621
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	620
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	620
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	620
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	619
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	618
01089	Milk, low sodium, fluid	244.0	1.0 cup	617
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	617
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	616
11106	Butterbur, (fuki), raw	94.0	1.0 cup	616
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	615
11518	Taro, raw	104.0	1.0 cup, sliced	615
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	612
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	612
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	612
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	611
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	611
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	610
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	610
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	610
16008	Beans, baked, canned, with franks	259.0	1.0 cup	609
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	609
12145	Nuts, pilinuts, dried	120.0	1.0 cup	608
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	607

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	607
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	607
20070	Triticale flour, whole-grain	130.0	1.0 cup	606
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	606
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	605
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	604
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	603
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	603
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	603
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	602
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	600
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	600
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	600
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	600
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	600
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	599
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	599
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	598
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	596
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	596
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	595
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	595
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	593
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	592
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	590
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	589
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	588
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	588
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	586
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	585
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	584
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	582
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	582
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	581
10130	Canadian bacon, unprepared	85.0	3.0 oz	581
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	578

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	576
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	576
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	575
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	575
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	575
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	575
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	575
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	575
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	575
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	575
20012	Bulgur, dry	140.0	1.0 cup	574
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	573
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	573
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	572
36045	ON THE BORDER, refried beans	135.0	1.0 cup	571
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	570
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	570
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	569
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	569
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	569
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	569
09446	Plantains, green, fried	118.0	1.0 cup	569
11211	Edamame, frozen, unprepared	118.0	1.0 cup	569
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	567
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	566
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	566
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	565
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	564
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	564
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	564
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	562
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	562
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	561
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	561
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	561

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	561
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	561
20005	Barley, pearled, raw	200.0	1.0 cup	560
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	560
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	559
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	559
11134	Cassava, raw	206.0	1.0 cup	558
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	558
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	558
15005	Fish, bluefish, raw	150.0	1.0 fillet	558
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	557
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	557
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	555
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	555
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	555
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	555
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	555
09035	Apricots, frozen, sweetened	242.0	1.0 cup	554
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	554
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	554
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	553
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	553
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	553
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	551
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	550
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	549
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	549
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	549
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	549
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	549
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	549
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	547
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	546
11215	Garlic, raw	136.0	1.0 cup	545
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	545

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11697	Arrowroot, raw	120.0	1.0 cup, sliced	545
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	544
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	543
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	542
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	541
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	541
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	541
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	541
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	540
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	539
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	539
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	539
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	539
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	539
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	538
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	538
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	538
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	538
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	538
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	538
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	538
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	538
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	537
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	537
09143	Guava sauce, cooked	238.0	1.0 cup	536
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	536
11514	Sweet potato, canned, mashed	255.0	1.0 cup	536
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	534
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	534
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	534
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	534
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	534
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	534
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	533
09442	Pomegranate juice, bottled	249.0	1.0 cup	533
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	532

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
20033	Oat bran, raw	94.0	1.0 cup	532
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	532
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	530
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	530
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	530
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	529
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	529
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	529
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	529
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	529
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	529
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	528
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	528
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	527
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	527
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	527
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	526
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	526
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	525
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	525
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	524
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	523
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	523
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	523
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	523
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	522
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	520
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	520
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	520
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	519
11616	Dock, raw	133.0	1.0 cup, chopped	519
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	518
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	518
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	518
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	518

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	517
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	517
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	516
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	516
36030	DENNY'S, hash browns	124.0	1.0 serving	516
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	515
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	515
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	514
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	513
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	513
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	513
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	512
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	512
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	511
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	510
43134	Vegetarian fillets	85.0	1.0 fillet	510
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	510
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	509
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	509
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	508
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	507
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	506
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	505
12084	Nuts, butternuts, dried	120.0	1.0 cup	505
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	505
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	505
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	505
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	505
11424	Pumpkin, canned, without salt	245.0	1.0 cup	505
11846	Pumpkin, canned, with salt	245.0	1.0 cup	505
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	504
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	502
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	501
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	500
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	500
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	500

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	500
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	500
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	499
11298	Parsnips, raw	133.0	1.0 cup slices	499
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	498
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	497
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	497
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	497
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	497
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	497
09206	Orange juice, raw	248.0	1.0 cup	496
19367	Toppings, nuts in syrup	328.0	1.0 cup	495
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	495
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	494
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	494
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	494
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	494
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	494
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	493
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	493
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	493
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	492
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	492
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	492
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	492
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	492
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	492
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	492
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	491
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	491
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	490
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	490
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	490
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	489
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	489
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	488

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	140.0	0.5 cup	487
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	487
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	487
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	487
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	486
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	486
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	486
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	485
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	485
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	485
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	485
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	485
16093	Peanuts, valencia, raw	146.0	1.0 cup	485
11972	Lemon grass (citronella), raw	67.0	1.0 cup	484
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	484
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	484
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	483
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	483
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	482
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	482
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	482
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	482
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	482
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	482
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	481
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	480
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	480
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	480
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	480
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	479
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	479
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	479
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	479
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	478
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	478

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	478
15022	Fish, cusk, raw	122.0	1.0 fillet	478
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	478
01094	Milk, buttermilk, dried	30.0	0.25 cup	478
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	478
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	477
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	477
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	477
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	477
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	477
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	477
20314	Corn grain, white	166.0	1.0 cup	476
20014	Corn grain, yellow	166.0	1.0 cup	476
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	476
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	475
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	475
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	475
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	475
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	474
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	474
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	474
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	473
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	472
11241	Kohlrabi, raw	135.0	1.0 cup	472
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	470
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	470
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	469
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	469
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	469
15006	Fish, burbot, raw	116.0	1.0 fillet	469
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	468
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	468
11141	Celeriac, raw	156.0	1.0 cup	468
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	468
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	468
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	467

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	467
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	467
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	466
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	466
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	466
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	466
09313	Sapodilla, raw	241.0	1.0 cup, pulp	465
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	465
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	464
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	464
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	464
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	463
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	462
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	462
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	461
11620	Drumstick pods, raw	100.0	1.0 cup slices	461
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	461
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	461
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	460
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	460
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	460
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	460
09062	Cherimoya, raw	160.0	1.0 cup, pieces	459
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	459
01133	Egg, whole, dried	85.0	1.0 cup, sifted	459
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	458
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	458
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	458
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	458
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	458
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	458
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	458
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	458
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	458
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	458

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
20130	Barley flour or meal	148.0	1.0 cup	457
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	457
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	457
20090	Rice flour, brown	158.0	1.0 cup	457
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	457
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	456
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	456
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	456
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	456
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	456
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	456
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	455
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	454
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	453
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	453
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	453
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	453
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	452
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	452
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	452
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	451
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	451
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	451
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	451
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	451
16422	Soy protein isolate, potassium type	28.35	1.0 oz	451
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	451
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	450
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	450
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	450
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	450
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	450
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	450
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	450
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	450

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	449
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	449
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	448
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	448
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	448
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	448
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	448
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	448
43299	Soybean, curd cheese	225.0	1.0 cup	448
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	448
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	448
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	447
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	447
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	447
12142	Nuts, pecans	109.0	1.0 cup, chopped	447
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	446
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	446
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	446
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	445
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	444
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	444
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	444
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	444
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	444
22911	Chili, no beans, canned entree	240.0	1.0 cup	444
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	444
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	444
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	444
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	444
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	444
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	444
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	443
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	443
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	443
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	443

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	443
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	443
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	442
11080	Beets, raw	136.0	1.0 cup	442
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	442
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	441
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	441
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	441
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	441
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	441
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	440
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	440
11656	Corn pudding, home prepared	250.0	1.0 cup	440
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	440
09221	Tangerine juice, raw	247.0	1.0 cup	440
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	439
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	439
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	439
11349	Poi	240.0	1.0 cup	439
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	439
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	439
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	439
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	438
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	438
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	438
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	436
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	436
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	436
20080	Wheat flour, whole-grain	120.0	1.0 cup	436
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	435
36019	APPLEBEE'S, chili	136.0	1.0 cup	435
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	435
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	435
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	435
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	434

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	434
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	434
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	434
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	434
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	434
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	434
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	433
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	433
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	433
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	433
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	433
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	432
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	431
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	431
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	431
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	431
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	430
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	430
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	430
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	430
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	430
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	430
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	429
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	429
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	428
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	428
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	427
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	427
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	427
11435	Rutabagas, raw	140.0	1.0 cup, cubes	427
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	427
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	427
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	426
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	426
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	426

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	426
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	426
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	425
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	425
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	424
21238	McDONALD'S, french fries	71.0	1.0 small serving	423
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	422
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	422
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	422
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	422
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	422
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	421
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	420
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	420
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	420
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	420
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	420
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	420
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	420
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	420
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	419
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	419
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	419
01057	Eggnog	254.0	1.0 cup	419
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	419
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	419
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	419
11973	Beans, fava, in pod, raw	126.0	1.0 cup	418
11613	Borage, raw	89.0	1.0 cup (1" pieces)	418
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	418
09334	Feijoa, raw	243.0	1.0 cup, pureed	418
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	418
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	417
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	417
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	417

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	417
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	416
11015	Asparagus, canned, drained solids	242.0	1.0 cup	416
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	416
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	416
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	416
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	416
21083	Fast foods, taco salad	198.0	1.5 cup	416
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	416
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	416
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	416
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	416
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	414
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	414
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	414
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	414
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	414
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	413
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	413
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	413
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	413
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	413
11376	Potatoes, canned, drained solids	180.0	1.0 cup	412
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	412
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	412
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	411
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	411
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	411
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	411
09295	Pummelo, raw	190.0	1.0 cup, sections	410
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	410
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	410
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	410
11978	Peppers, ancho, dried	17.0	1.0 pepper	410
11124	Carrots, raw	128.0	1.0 cup chopped	410
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	410

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	410
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	409
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	409
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	409
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	409
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	409
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	408
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	408
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	408
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	408
06165	Sauce, homemade, white, thin	250.0	1.0 cup	408
42186	Frozen yogurts, chocolate	174.0	1.0 cup	407
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	407
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	407
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	407
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	407
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	407
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	406
09088	Elderberries, raw	145.0	1.0 cup	406
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	406
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	406
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	406
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	405
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	405
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	405
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	405
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	405
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	405
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	404
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	404
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	404
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	404
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	403

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	403
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	403
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	403
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	402
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	402
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	402
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	402
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	402
09021	Apricots, raw	155.0	1.0 cup, halves	401
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	401
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	401
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	400
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	400
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	400
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	400
09128	Grapefruit juice, white, raw	247.0	1.0 cup	400
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	400
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	400
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	400
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	400
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	400
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	400
01021	Cheese, gjetost	28.35	1.0 oz	399
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	399
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	398
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	398
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	398
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	398
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	398
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	397
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	397
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	396
09174	Loquats, raw	149.0	1.0 cup, cubed	396
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	396
01114	Whey, sweet, fluid	246.0	1.0 cup	396
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	396

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	396
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	395
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	395
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	395
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	395
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	394
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	394
07056	Peppered loaf, pork, beef	100.0	3.52 slices	394
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	394
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	393
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	393
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	393
20648	Sorghum flour, whole-grain	121.0	1.0 cup	392
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	392
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	392
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	392
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	391
36039	Restaurant, family style, hash browns	94.0	1.0 cup	391
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	391
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	391
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	391
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	391
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	391
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	391
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	391
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	391
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	391
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	391
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	390
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	390
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	390
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	390
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	390
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	390
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	390
20031	Millet, raw	200.0	1.0 cup	390

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	390
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	390
06166	Sauce, homemade, white, medium	250.0	1.0 cup	390
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	390
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	390
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	390
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	389
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	389
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	389
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	389
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	389
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	389
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	388
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	388
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	388
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	388
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	388
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	388
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	387
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	387
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	387
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	387
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	386
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	386
20132	Oat flour, partially debranned	104.0	1.0 cup	386
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	385
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	385
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	385
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	385
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	384
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	384
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	384
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	384
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	384
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	384
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	384

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	384
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	384
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	383
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	383
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	382
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	382
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	382
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	382
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	382
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	382
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	382
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	382
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	382
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	382
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	382
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	382
20064	Rye flour, medium	102.0	1.0 cup	381
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	381
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	380
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	380
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	380
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	380
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	380
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	380
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	380
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	379
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	379
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	379
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	379
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	379
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	378
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	377

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	377
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	377
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	377
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	377
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	377
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	377
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	377
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	377
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	377
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	376
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	376
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	376
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	376
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	376
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	375
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	375
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	375
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	375
05621	Emu, ground, raw	117.0	1.0 patty	374
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	374
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	374
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	374
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	374
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	374
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	374
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	373
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	373
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	373
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	373
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	373
11426	Pumpkin pie mix, canned	270.0	1.0 cup	373
06167	Sauce, homemade, white, thick	250.0	1.0 cup	372
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	372
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	372
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	372
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	372

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	372
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	372
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	371
15045	Fish, lingcod, raw	85.0	3.0 oz	371
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	371
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	371
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	371
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	371
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	371
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	371
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	371
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	371
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	371
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	371
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	371
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	370
11741	Broccoli, stalks, raw	114.0	1.0 stalk	370
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	370
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	370
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	370
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	370
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	370
15049	Fish, mackerel, king, raw	85.0	3.0 oz	370
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	370
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	370
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	370
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	370
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	370
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	370
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	369
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	369
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	369
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	369
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	369
20316	Corn flour, whole-grain, white	117.0	1.0 cup	369

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	368
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	368
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	368
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	368
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	368
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	368
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	368
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	368
15112	Fish, tilefish, raw	85.0	3.0 oz	368
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	368
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	368
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	368
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	368
36036	Restaurant, family style, onion rings	259.0	1.0 serving	368
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	368
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	367
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	367
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	367
11527	Tomatoes, green, raw	180.0	1.0 cup	367
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	367
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	367
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	367
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	367
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	367
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	366
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	366
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	366
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	366
43543	Milk, imitation, non-soy	244.0	1.0 cup	366
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	366
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	366
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	366
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	366
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	365

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	365
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	365
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	365
15079	Fish, salmon, chum, raw	85.0	3.0 oz	365
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	365
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	364
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	364
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	364
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	364
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	364
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	364
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	363
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	363
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	363
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	363
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	363
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	363
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	363
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	363
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	363
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	363
20131	Barley malt flour	162.0	1.0 cup	363
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	363
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	363
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	362
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	362
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	362
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	362
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	361
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	361
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	361
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	361
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	361
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	361
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	361
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	361

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	361
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	361
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	361
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	361
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	361
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	361
09083	Currants, european black, raw	112.0	1.0 cup	361
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	361
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	360
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	360
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	360
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	360
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	360
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	360
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	360
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	360
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	360
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	360
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	360
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	360
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	360
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	360
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	359
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	359
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	359
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	359
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	359
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	359
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	359
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	359
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	358
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	358
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	358
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	358
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	358
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	357

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	357
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	357
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	357
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	357
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	357
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	357
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	357
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	357
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	356
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	356
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	356
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	356
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	356
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	355
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	355
15110	Fish, swordfish, raw	85.0	3.0 oz	355
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	355
11693	Tomatoes, crushed, canned	121.0	0.5 cup	355
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	354
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	354
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	354
11304	Peas, green, raw	145.0	1.0 cup	354
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	354
15023	Fish, mahimahi, raw	85.0	3.0 oz	354
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	354
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	354
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	353
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	353
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	353
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	353
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	353
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	353
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	353
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	353
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	353

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	352
43541	Ice creams, chocolate, rich	148.0	1.0 cup	352
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	352
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	352
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	352
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	352
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	352
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	352
01112	Whey, acid, fluid	246.0	1.0 cup	352
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	352
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	352
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	351
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	351
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	351
09307	Rhubarb, raw	122.0	1.0 cup, diced	351
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	351
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	351
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	351
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	351
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	351
19415	Snacks, potato sticks	28.35	1.0 oz	351
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	350
15261	Fish, tilapia, raw	116.0	1.0 fillet	350
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	350
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	350
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	350
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	350
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	350
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	350
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	350
16237	SILK Chocolate, soymilk	243.0	1.0 cup	350
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	350
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	350
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	350
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	350

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	350
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	349
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	349
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	349
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	349
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	349
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	349
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	349
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	349
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	349
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	349
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	349
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	349
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	348
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	348
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	348
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	348
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	348
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	348
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	347
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	347
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	347
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	347
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	347
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	347
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	347
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	347
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	347
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	347
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	347
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	347
09427	Abiyuch, raw	114.0	0.5 cup	347
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	346
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	346

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	346
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	346
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	346
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	346
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	346
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	346
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	346
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	346
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	346
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	346
21249	BURGER KING, french fries	74.0	1.0 small serving	346
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	345
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	345
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	345
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	345
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	345
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	345
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	344
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	344
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	344
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	344
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	344
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	344
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	344
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	344
15097	Fish, sheepshead, raw	85.0	3.0 oz	343
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	343
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	343
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	343
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	343
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	343
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	343
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	343
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	343
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	343

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	343
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	343
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	342
11098	Brussels sprouts, raw	88.0	1.0 cup	342
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	342
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	342
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	342
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	342
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	342
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	342
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	342
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	341
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	341
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	341
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	341
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	341
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	341
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	341
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	340
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	340
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	340
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	340
11618	Eppaw, raw	100.0	1.0 cup	340
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	340
15059	Fish, pout, ocean, raw	85.0	3.0 oz	340
15054	Fish, monkfish, raw	85.0	3.0 oz	340
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	340
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	340
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	339
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	339
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	339
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	339
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	339
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	339

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	339
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	339
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	339
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	339
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	339
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	338
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	338
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	338
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	338
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	338
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	338
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	338
09043	Blackberry juice, canned	250.0	1.0 cup	338
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	337
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	337
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	337
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	337
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	337
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	336
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	336
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	336
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	336
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	336
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	336
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	336
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	336
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	336
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	336
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	336
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	336
01109	Milk, sheep, fluid	245.0	1.0 cup	336
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	336
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	336
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	336
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	335

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	335
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	335
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	335
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	335
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	335
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	335
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	335
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	335
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	335
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	335
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	335
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	335
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	335
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	334
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	334
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	334
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	334
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	334
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	334
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	334
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	334
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	334
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	334
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	334
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	333
09205	Oranges, raw, with peel	170.0	1.0 cup	333
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	333
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	333
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	333
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	333
11297	Parsley, fresh	60.0	1.0 cup chopped	332
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	332
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	332
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	332
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	332
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	332

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	332
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	332
20002	Amaranth grain, cooked	246.0	1.0 cup	332
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	332
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	332
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	332
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	332
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	332
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	332
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	332
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	331
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	331
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	331
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	331
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	331
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	331
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	331
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	331
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	331
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	331
15064	Fish, pike, walleye, raw	85.0	3.0 oz	331
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	331
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	331
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	330
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	330
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	330
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	330
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	330
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	330
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	330
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	330
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	330
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	330
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	330
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	330

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	330
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	329
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	329
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	329
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	329
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	329
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	329
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	329
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	329
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	329
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	329
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	329
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	329
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	329
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	329
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	329
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	329
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	329
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	328
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	328
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	328
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	328
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	328
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	328
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	328
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	328
09287	Prickly pears, raw	149.0	1.0 cup	328
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	328
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	328
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	328
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	328
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	327
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	327
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	327
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	326

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
15094	Fish, shad, american, raw	85.0	3.0 oz	326
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	326
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	326
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	326
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	326
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	326
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	326
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	326
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	326
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	326
15001	Fish, anchovy, european, raw	85.0	3.0 oz	326
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	326
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	326
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	326
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	326
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	325
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	325
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	325
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	325
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	325
09164	Litchis, raw	190.0	1.0 cup	325
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	325
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	325
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	325
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	325
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	325
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	325
90560	Mollusks, snail, raw	85.0	3.0 oz	325
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	324
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	324
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	324
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	324
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	324
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	324
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	324
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	323

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	323
15107	Fish, sucker, white, raw	85.0	3.0 oz	323
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	323
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	323
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	323
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	323
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	322
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	322
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	322
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	322
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	322
15044	Fish, ling, raw	85.0	3.0 oz	322
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	322
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	322
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	322
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	322
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	322
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	322
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	322
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	322
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	322
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	321
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	321
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	321
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	321
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	321
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	321
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	321
16249	SILK Coffee, soymilk	243.0	1.0 cup	321
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	321
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	321
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	321
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	320

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	320
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	320
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	320
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	320
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	320
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	320
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	320
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	320
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	320
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	320
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	320
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	320
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	320
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	320
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	320
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	320
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	319
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	319
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	319
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	319
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	319
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	319
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	319
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	319
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	319
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	319
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	319
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	319
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	319
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	319
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	319
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	319
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	318
20137	Quinoa, cooked	185.0	1.0 cup	318

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	318
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	318
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	318
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	318
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	318
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	318
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	318
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	318
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	318
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	318
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	318
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	318
15103	Fish, spot, raw	64.0	1.0 fillet	317
11976	Pepper, banana, raw	124.0	1.0 cup	317
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	317
05641	Ostrich, ground, raw	109.0	1.0 patty	317
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	317
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	317
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	317
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	317
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	317
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	316
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	316
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	316
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	316
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	316
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	316
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	316
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	316
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	316
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	316
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	316
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	316
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	316

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	316
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	316
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	315
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	315
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	315
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	315
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	315
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	315
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	315
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	315
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	315
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	315
07008	Bologna, beef and pork	100.0	3.527 oz	315
01173	Egg, white, dried	28.0	1.0 oz	315
43144	Cabbage, mustard, salted	128.0	1.0 cup	315
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	315
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	315
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	314
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	314
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	314
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	314
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	314
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	314
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	314
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	314
11658	Spinach souffle	136.0	1.0 cup	314
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	314
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	314
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	314
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	314
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	314

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	314
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	314
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	314
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	313
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	313
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	313
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	313
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	313
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	313
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	313
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	313
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	313
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	313
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	313
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	313
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	313
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	313
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	312
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	312
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	312
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	312
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	312
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	312
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	312
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	312
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	312
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	312
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	312
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	312
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	312
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	312
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	312

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	312
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	312
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	312
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	312
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	311
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	311
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	311
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	311
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	311
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	311
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	311
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	311
15083	Fish, salmon, pink, raw	85.0	3.0 oz	311
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	311
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	311
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	311
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	311
20466	Semolina, unenriched	167.0	1.0 cup	311
20066	Semolina, enriched	167.0	1.0 cup	311
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	310
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	310
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	310
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	310
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	310
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	310
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	310
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	310
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	310
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	310
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	310
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	310
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	310
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	310
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	310
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	310

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	310
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	309
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	309
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	309
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	309
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	309
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	309
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	309
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	309
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	309
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	309
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	309
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	309
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	309
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	309
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	309
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	309
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	309
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	309
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	309
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	309
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	309
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	308
09084	Currants, red and white, raw	112.0	1.0 cup	308
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	308
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	308
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	308
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	308
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	308
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	308
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	308
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	307
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	307
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	307

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	307
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	307
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	307
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	307
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	307
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	307
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	307
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	307
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	307
09423	Prune puree	36.0	2.0 tbsp	307
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	306
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	306
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	306
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	306
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	306
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	306
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	306
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	306
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	306
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	306
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	306
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	305
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	305
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	305
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	305
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	305
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	305
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	305
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	305
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	305
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	305
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	304

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	304
15074	Fish, sablefish, raw	85.0	3.0 oz	304
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	304
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	304
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	304
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	304
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	304
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	304
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	304
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	304
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	304
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	303
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	303
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	303
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	303
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	303
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	303
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	303
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	303
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	303
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	303
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	303
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	303
11203	Cress, garden, raw	50.0	1.0 cup	303
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	303
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	303
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	303
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	303
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	303
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	303
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	303
22971	Potato salad with egg	125.0	0.5 cup	302
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	302
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	302
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	302

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	302
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	302
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	302
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	302
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	302
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	302
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	302
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	302
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	302
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	302
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	302
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	302
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	302
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	301
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	301
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	301
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	301
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	301
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	301
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	301
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	301
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	301
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	301
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	301
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	301
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	301
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	301
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	301
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	301
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	301
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	301
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	301

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	301
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	300
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	300
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	300
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	300
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	300
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	300
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	300
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	300
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	300
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	300
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	300
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	300
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	300
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	300
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	300
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	300
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	299
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	299
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	299
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	299
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	299
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	299
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	299
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	299
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	299
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	299
11278	Okra, raw	100.0	1.0 cup	299
16248	SILK Mocha, soymilk	243.0	1.0 cup	299
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	299
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	299
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	299
16236	SILK Vanilla, soymilk	243.0	1.0 cup	299
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	299
16247	SILK Chai, soymilk	243.0	1.0 cup	299

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	299
16238	SILK Light Plain, soymilk	243.0	1.0 cup	299
16235	SILK Plain, soymilk	243.0	1.0 cup	299
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	299
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	299
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	299
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	299
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	299
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	299
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	298
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	298
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	298
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	298
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	298
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	298
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	298
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	298
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	298
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	298
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	298
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	298
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	298
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	297
09107	Gooseberries, raw	150.0	1.0 cup	297
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	297
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	297
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	297
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	297
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	297
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	297
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	297
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	297
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	297
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	297

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	297
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	297
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	297
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	296
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	296
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	296
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	296
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	296
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	296
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	296
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	296
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	296
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	296
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	296
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	296
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	296
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	296
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	296
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	295
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	295
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	295
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	295
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	295
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	295
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	295
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	295
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	295
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	295
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	295
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	294
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	294
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	294
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	294
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	294
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	294

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	294
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	293
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	293
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	293
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	293
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	293
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	293
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	293
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	293
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	293
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	293
09236	Peaches, yellow, raw	154.0	1.0 cup slices	293
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	293
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	292
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	292
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	292
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	292
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	292
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	292
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	292
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	292
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	292
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	292
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	292
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	292
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	292
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	292
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	292
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	292
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	292
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	292
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	292
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	292
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	292

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	292
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	292
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	292
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	292
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	291
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	291
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	291
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	291
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	291
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	291
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	291
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	291
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	291
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	291
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	291
11964	Nopales, cooked, without salt	149.0	1.0 cup	291
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	291
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	291
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	290
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	290
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	290
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	290
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	290
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	290
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	290
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	290
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	290
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	290
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	290
21268	TACO BELL, Nachos	80.0	1.0 serving	290
11086	Beet greens, raw	38.0	1.0 cup	290
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	289

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	289
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	289
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	289
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	289
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	289
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	289
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	289
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	289
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	289
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	289
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	289
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	289
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	289
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	289
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	288
12077	Nuts, beechnuts, dried	28.35	1.0 oz	288
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	288
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	288
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	288
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	288
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	288
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	288
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	288
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	288
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	288
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	288
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	288
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	288
11090	Broccoli, raw	91.0	1.0 cup chopped	288
09191	Nectarines, raw	143.0	1.0 cup slices	287
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	287
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	287
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	287

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	287
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	287
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	287
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	287
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	287
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	287
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	287
20028	Couscous, dry	173.0	1.0 cup	287
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	287
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	287
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	287
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	287
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	287
09451	Horned melon (Kiwano)	233.0	1.0 cup	287
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	286
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	286
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	286
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	286
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	286
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	286
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	286
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	286
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	286
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	286
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	286
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	286
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	286
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	286
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	286
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	286
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	286
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	286

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	286
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	286
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	286
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	286
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	286
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	286
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	285
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	285
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	285
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	285
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	285
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	285
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	285
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	285
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	285
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	285
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	285
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	285
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	285
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	284
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	284
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	284
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	284
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	284
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	284
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	284
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	284
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	284
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	284
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	284
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	284
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	284
09160	Lime juice, raw	242.0	1.0 cup	283
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	283

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	283
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	283
15008	Fish, carp, raw	85.0	3.0 oz	283
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	283
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	283
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	283
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	283
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	283
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	283
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	283
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	283
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	283
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	283
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	283
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	283
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	282
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	282
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	282
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	282
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	282
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	282
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	282
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	282
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	282
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	282
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	282
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	282
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	282
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	281
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	281
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	281
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	281
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	281
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	281

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	281
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	281
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	280
05626	Emu, full rump, raw	85.0	3.0 oz	280
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	280
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	280
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	280
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	280
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	280
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	280
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	280
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	280
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	280
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	280
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	280
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	280
15013	Fish, cisco, raw	79.0	1.0 fillet	280
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	280
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	280
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	280
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	280
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	280
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	280
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	280
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	280
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	280
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	280
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	280
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	280
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	280
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	279
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	279

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	279
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	279
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	279
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	279
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	279
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	279
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	279
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	279
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	278
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	278
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	278
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	278
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	278
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	278
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	278
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	278
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	278
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	278
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	278
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	278
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	277
20141	Spelt, cooked	194.0	1.0 cup	277
09176	Mangos, raw	165.0	1.0 cup pieces	277
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	277
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	277
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	277
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	277
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	277
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	277
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	277
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	277
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	277
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	277
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	277
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	277

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	277
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	277
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	277
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	277
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	276
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	276
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	276
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	276
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	276
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	276
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	276
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	276
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	276
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	276
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	276
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	276
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	276
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	276
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	276
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	276
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	276
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	276
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	275
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	275
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	275
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	275
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	275
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	275
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	275
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	275
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	275
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	275
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	275
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	275
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	275

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	275
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	275
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	275
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	275
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	275
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	275
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	275
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	275
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	275
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	275
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	274
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	274
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	274
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	274
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	274
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	274
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	274
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	273
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	273
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	273
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	273
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	273
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	273
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	273
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	273
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	273
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	273
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	273
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	273
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	273
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	273
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	272
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	272
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	272

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05630	Emu, outside drum, raw	85.0	3.0 oz	272
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	272
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	272
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	272
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	272
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	272
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	272
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	272
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	272
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	272
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	272
09190	Mulberries, raw	140.0	1.0 cup	272
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	272
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	271
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	271
11240	Mushrooms, morel, raw	66.0	1.0 cup	271
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	271
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	271
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	271
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	271
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	271
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	271
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	271
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	271
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	271
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	271
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	271
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	271
11011	Asparagus, raw	134.0	1.0 cup	271
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	271
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	270
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	270

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	270
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	270
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	270
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	270
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	270
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	270
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	270
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	270
05628	Emu, inside drum, raw	85.0	3.0 oz	270
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	270
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	270
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	270
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	270
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	270
11429	Radishes, raw	116.0	1.0 cup slices	270
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	270
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	270
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	270
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	270
20143	Teff, cooked	252.0	1.0 cup	270
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	270
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	269
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	269
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	269
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	269
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	269
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	269
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	269
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	269
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	269
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	269

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	269
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	269
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	269
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	269
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	269
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	269
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	269
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	269
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	269
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	269
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	268
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	268
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	268
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	268
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	268
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	268
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	268
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	268
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	268
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	268
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	268
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	268
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	268
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	268
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	268
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	268
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	268
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	268
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	268
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	268
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	268
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	268
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	267
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	267

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	267
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	267
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	267
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	267
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	267
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	267
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	267
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	267
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	267
20647	Millet flour	119.0	1.0 cup	267
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	266
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	266
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	266
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	266
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	266
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	266
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	266
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	266
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	266
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	266
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	266
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	266
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	266
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	266
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	266
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	266
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	266
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	266
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	266
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	266
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	265
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	265

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	265
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	265
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	265
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	265
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	265
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	265
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	265
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	265
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	265
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	265
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	265
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	265
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	265
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	265
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	264
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	264
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	264
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	264
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	264
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	264
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	264
09226	Papayas, raw	145.0	1.0 cup 1" pieces	264
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	264
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	264
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	264
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	264
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	264
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	264
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	264
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	264
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	264
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	264

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	264
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	264
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	263
11430	Radishes, oriental, raw	116.0	1.0 cup slices	263
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	263
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	263
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	263
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	263
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	263
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	263
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	263
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	263
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	263
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	263
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	263
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	263
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	263
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	263
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	263
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	263
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	263
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	263
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	263
11143	Celery, raw	101.0	1.0 cup chopped	263
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	263
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	262
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	262
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	262
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	262
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	262
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	262
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	262
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	262

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	262
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	262
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	262
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	262
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	262
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	262
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	262
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	262
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	261
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	261
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	261
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	261
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	261
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	261
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	261
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	261
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	261
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	261
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	261
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	261
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	261
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	261
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	261
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	261
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	260
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	260
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	260
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	260
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	260

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	260
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	260
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	260
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	260
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	260
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	260
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	260
16130	Okara	122.0	1.0 cup	260
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	260
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	260
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	259
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	259
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	259
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	259
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	259
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	259
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	259
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	259
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	259
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	259
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	259
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	259
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	259
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	259
43132	Meatballs, meatless	144.0	1.0 cup	259
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	259
09279	Plums, raw	165.0	1.0 cup, sliced	259
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	259
11961	Hearts of palm, canned	146.0	1.0 cup	258
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	258
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	258
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	258

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	258
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	258
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	258
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	258
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	258
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	258
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	258
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	258
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	258
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	258
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	258
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	258
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	258
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	258
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	258
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	258
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	258
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	258
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	258
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	258
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	258
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	258
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	258
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	257
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	257
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	257
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	257
11190	Cornsalad, raw	56.0	1.0 cup	257
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	257
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	257
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	257
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	257
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	257
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	257
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	257
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	257

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	257
21140	Side dishes, potato salad	95.0	0.333 cup	256
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	256
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	256
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	256
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	256
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	256
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	256
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	256
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	256
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	256
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	256
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	256
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	256
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	256
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	256
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	255
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	255
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	255
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	255
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	255
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	255
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	255
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	255
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	255
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	255
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	255
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	255
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	255
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	255
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	255
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	255

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	255
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	255
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	255
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	254
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	254
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	254
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	254
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	254
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	254
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	254
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	254
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	254
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	254
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	254
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	254
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	253
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	253
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	253
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	253
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	253
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	253
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	253
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	253
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	253
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	253
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	253
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	253
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	253
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	253
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	253
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	252
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	252
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	252

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	252
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	252
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	252
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	252
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	252
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	252
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	252
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	252
06121	Gravy, mushroom, canned	238.0	1.0 cup	252
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	252
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	252
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	252
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	252
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	252
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	252
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	252
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	252
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	252
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	252
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	252
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	252
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	252
09152	Lemon juice, raw	244.0	1.0 cup	251
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	251
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	251
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	251
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	251
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	251
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	251
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	251
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	251
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	251
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	251
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	251
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	251
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	251

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	251
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	251
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	251
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	250
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	250
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	250
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	250
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	250
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	250
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	250
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	250
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	250
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	250
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	250
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	250
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	250
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	250
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	250
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	250
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	249
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	249
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	249
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	249
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	249
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	249
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	249
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	249
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	249
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	249
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	249
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	249
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	249
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	249

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	249
36031	DENNY'S, onion rings	166.0	1.0 serving	249
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	249
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	249
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	249
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	248
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	248
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	248
11564	Turnips, raw	130.0	1.0 cup, cubes	248
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	248
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	248
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	248
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	248
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	248
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	248
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	248
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	248
15053	Fish, milkfish, raw	85.0	3.0 oz	248
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	248
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	248
11248	Lentils, sprouted, raw	77.0	1.0 cup	248
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	248
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	247
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	247
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	247
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	247
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	247
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	247
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	247
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	246
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	246
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	246

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	246
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	246
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	246
21127	Fast foods, coleslaw	191.0	1.0 cup	246
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	246
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	246
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	246
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	246
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	246
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	246
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	246
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	246
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	246
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	246
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	246
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	246
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	246
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	246
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	246
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	246
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	246
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	246
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	246
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	245
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	245
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	245
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	245
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	245
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	245
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	245
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	245
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	245
16104	Bacon, meatless	144.0	1.0 cup	245
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	245
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	244

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	244
15090	Fish, scup, raw	85.0	3.0 oz	244
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	244
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	244
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	244
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	244
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	244
35147	Tamales (Navajo)	186.0	1.0 piece	244
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	244
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	244
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	243
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	243
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	243
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	243
15033	Fish, haddock, raw	85.0	3.0 oz	243
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	243
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	243
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	243
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	243
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	243
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	243
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	243
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	243
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	243
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	243
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	243
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	242
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	242
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	242
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	242
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	242
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	242

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	241
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	241
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	241
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	241
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	241
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	241
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	241
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	241
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	241
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	241
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	241
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	241
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	241
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	241
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	241
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	241
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	241
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	241
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	241
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	241
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	241
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	241
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	241
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	241
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	241
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	241
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	241
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	241
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	241
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	241
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	241
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	240
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	240
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	240
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	240
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	240

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	240
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	240
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	240
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	240
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	240
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	240
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	240
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	240
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	240
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	239
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	239
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	239
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	239
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	239
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	239
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	239
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	239
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	239
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	239
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	239
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	239
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	239
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	239
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	239
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	239
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	238
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	238
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	238
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	238
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	238
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	238
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	238

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	238
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	238
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	238
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	238
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	238
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	238
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	238
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	238
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	238
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	238
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	238
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	238
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	238
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	238
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	238
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	238
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	237
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	237
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	237
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	237
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	237
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	237
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	237
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	237
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	237
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	237
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	237
21251	BURGER KING, Cheeseburger	133.0	1.0 item	237
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	237
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	237
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	237
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	236

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	236
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	236
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	236
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	236
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	236
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	236
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	236
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	236
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	235
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	235
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	235
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	235
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	235
05157	Quail, meat and skin, raw	109.0	1.0 quail	235
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	235
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	235
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	235
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	235
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	235
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	235
09002	Acerola juice, raw	242.0	1.0 cup	235
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	235
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	235
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	235
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	235
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	235
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	235
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	235
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	235
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	235
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	235
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	235
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	234
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	234
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	234

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	234
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	234
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	234
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	234
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	234
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	234
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	234
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	234
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	234
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	234
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	234
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	234
11282	Onions, raw	160.0	1.0 cup, chopped	234
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	233
09042	Blackberries, raw	144.0	1.0 cup	233
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	233
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	233
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	233
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	233
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	233
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	233
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	233
09316	Strawberries, raw	152.0	1.0 cup, halves	233
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	232
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	232
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	232
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	232
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	232
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	232
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	232
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	232
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	232
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	232

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	232
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	232
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	232
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	232
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	232
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	232
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	232
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	232
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	231
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	231
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	231
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	231
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	231
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	231
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	231
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	231
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	231
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	231
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	231
11005	Arrowhead, raw	25.0	1.0 large	230
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	230
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	230
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	230
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	230
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	230
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	230
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	230
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	230
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	230
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	230
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	230
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	230
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	230
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	230
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	230

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	230
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	230
18971	Bread, potato	32.0	1.0 slice	230
11969	Broccoli, chinese, cooked	88.0	1.0 cup	230
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	230
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	230
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	230
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	230
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	230
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	230
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	229
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	229
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	229
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	229
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	229
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	229
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	229
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	229
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	229
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	229
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	229
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	229
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	229
20065	Rye flour, light	102.0	1.0 cup	228
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	228
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	228
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	228
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	228
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	228
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	228
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	228
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	228
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	228
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	228
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	227

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	227
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	227
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	227
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	227
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	227
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	227
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	227
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	227
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	227
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	227
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	227
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	227
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	227
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	227
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	227
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	227
11118	Cabbage, kimchi	150.0	1.0 cup	226
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	226
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	226
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	226
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	226
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	226
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	225
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	225
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	225
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	225
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	225
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	225
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	225
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	225
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	225
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	225
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	225
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	224

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	224
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	224
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	224
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	224
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	224
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	224
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	224
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	224
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	224
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	224
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	224
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	224
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	224
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	224
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	224
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	224
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	224
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	224
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	224
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	224
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	224
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	224
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	223
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	223
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	223
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	223
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	223
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	223
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	223
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	223
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	223
25027	Snacks, plantain chips, salted	28.35	1.0 oz	223
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	223
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	223

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	223
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	223
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	223
05154	Pheasant, raw, meat only	85.0	3.0 oz	223
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	223
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	223
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	223
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	223
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	223
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	223
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	223
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	223
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	222
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	222
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	222
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	222
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	222
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	222
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	222
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	222
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	222
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	222
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	222
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	222
11963	Nopales, raw	86.0	1.0 cup, sliced	221
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	221
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	221
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	221
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	221
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	221
05159	Quail, breast, meat only, raw	85.0	3.0 oz	221
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	221

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	220
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	220
15062	Fish, pike, northern, raw	85.0	3.0 oz	220
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	220
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	220
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	220
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	220
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	220
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	220
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	220
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	220
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	220
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	220
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	220
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	219
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	219
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	219
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	219
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	219
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	219
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	219
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	219
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	218
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	218
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	218
11199	Yardlong bean, raw	91.0	1.0 cup slices	218
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	218
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	218
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	218
05158	Quail, meat only, raw	92.0	1.0 quail	218
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	218
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	218
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	218
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	218

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	218
15004	Fish, bass, striped, raw	85.0	3.0 oz	218
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	218
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	218
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	218
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	218
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	218
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	218
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	218
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	218
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	217
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	217
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	217
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	217
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	217
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	217
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	217
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	216
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	216
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	216
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	216
05150	Goose, liver, raw	94.0	1.0 liver	216
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	216
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	216
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	216
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	216
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	216
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	216
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	216
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	216
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	216
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	215
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	215
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	215

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	215
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	215
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	215
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	215
11270	Mustard greens, raw	56.0	1.0 cup, chopped	215
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	215
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	215
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	215
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	215
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	215
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	215
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	214
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	214
20126	Spaghetti, spinach, dry	57.0	2.0 oz	214
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	214
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	214
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	214
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	214
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	214
19524	Snacks, taro chips	28.35	1.0 oz	214
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	214
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	214
42279	Babyfood, peas and brown rice	230.0	1.0 cup	214
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	214
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	214
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	213
09077	Crabapples, raw	110.0	1.0 cup slices	213
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	213
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	213
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	213
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	213
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	213
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	213

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	213
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	213
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	213
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	213
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	213
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	213
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	213
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	213
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	213
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	213
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	213
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	212
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	212
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	212
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	212
05631	Emu, oyster, raw	85.0	3.0 oz	212
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	212
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	212
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	212
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	212
11427	Purslane, raw	43.0	1.0 cup	212
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	212
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	212
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	212
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	212
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	212
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	212
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	212
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	212
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	212
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	212
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	212
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	212
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	212
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	212
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	212

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	212
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	211
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	211
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	211
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	211
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	211
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	211
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	211
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	211
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	211
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	211
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	211
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	211
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	211
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	211
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	211
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	211
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	211
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	211
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	211
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	210
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	210
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	210
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	210
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	210
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	210
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	210
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	210
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	210
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	210
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	210
06963	Fish broth	244.0	1.0 cup	210
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	209
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	209

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	209
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	209
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	209
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	209
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	209
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	209
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	209
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	209
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	209
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	209
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	209
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	209
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	209
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	209
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	209
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	209
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	208
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	208
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	208
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	208
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	208
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	208
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	208
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	208
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	208
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	208
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	208
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	208
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	208
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	208
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	207
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	207
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	207
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	207
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	207

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	207
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	207
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	207
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	207
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	207
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	207
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	207
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	207
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	207
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	207
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	207
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	207
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	207
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	207
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	207
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	207
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	207
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	207
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	207
10158	USDA Commodity, pork, canned	85.0	3.0 oz	207
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	207
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	207
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	207
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	206
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	206
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	206
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	206
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	206
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	206
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	206
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	206
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	206
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	206
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	206
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	206

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	206
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	206
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	206
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	206
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	206
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	206
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	206
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	206
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	206
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	205
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	205
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	205
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	205
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	205
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	205
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	205
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	205
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	205
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	205
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	205
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	205
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	205
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	205
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	205
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	205
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	205
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	205
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	204
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	204
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	204
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	204
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	204
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	204
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	204

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	204
05625	Emu, flat fillet, raw	85.0	3.0 oz	204
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	204
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	204
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	204
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	203
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	203
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	203
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	203
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	203
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	203
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	203
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	203
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	203
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	203
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	203
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	202
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	202
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	202
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	202
15129	Fish, turbot, european, raw	85.0	3.0 oz	202
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	202
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	202
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	202
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	202
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	202
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	202
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	202
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	202
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	202
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	202
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	202
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	202
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	202
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	202
20034	Oat bran, cooked	219.0	1.0 cup	201

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	201
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	201
07059	Polish sausage, pork	85.0	3.0 oz	201
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	201
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	201
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	201
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	201
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	201
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	201
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	201
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	201
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	201
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	201
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	201
12059	Nuts, acorns, dried	28.35	1.0 oz	201
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	201
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	201
07939	Frankfurter, pork	76.0	1.0 link	201
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	201
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	201
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	201
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	201
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	200
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	200
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	200
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	200
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	200
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	200
16087	Peanuts, all types, raw	28.35	1.0 oz	200
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	200
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	200
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	200
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	200
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	200
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	200

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11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	200
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	200
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	200
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	199
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	199
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	199
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	199
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	199
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	199
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	199
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	199
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	199
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	199
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	198
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	198
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	198
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	198
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	198
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	198
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	198
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	198
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	198
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	198
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	197
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	197
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	197
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	197
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	197
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	197
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	197
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	197
07015	Brotwurst, pork, beef, link	70.0	1.0 link	197
07052	Pastrami, turkey	57.0	2.0 slices	197
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	197
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	197
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	196

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17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	196
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	196
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	196
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	196
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	196
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	196
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	196
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	196
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	196
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	196
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	196
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	196
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	196
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	196
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	196
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	196
93600	Turtle, green, raw	85.0	3.0 oz	196
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	196
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	196
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	195
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	195
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	195
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	195
43382	Cranberry juice, unsweetened	253.0	1.0 cup	195
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	195
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	195
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	195
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	195
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	195
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	195
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	195
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	195
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	194

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	194
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	194
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	194
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	194
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	194
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	194
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	194
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	194
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	194
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	194
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	194
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	194
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	194
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	194
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	194
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	194
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	194
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	194
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	194
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	193
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	193
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	193
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	193
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	193
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	193
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	193
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	193
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	193
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	193
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	193
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	193
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	193
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	193
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	193

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05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	193
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	193
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	193
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	193
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	193
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	193
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	193
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	193
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	192
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	192
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	192
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	192
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	192
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	192
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	192
11965	Cauliflower, green, raw	64.0	1.0 cup	192
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	192
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	192
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	192
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	191
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	191
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	191
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	191
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	191
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	191
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	191
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	191
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	191
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	190
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	190
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	190
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	190
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	190
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	190
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	190

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	190
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	190
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	190
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	190
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	190
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	190
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	190
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	190
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	190
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	190
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	190
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	190
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	189
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	189
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	189
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	189
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	189
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	188
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	188
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	188
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	188
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	188
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	188
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	188
11209	Eggplant, raw	82.0	1.0 cup, cubes	188
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	188
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	188
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	188
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	187
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	187
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	187
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	187
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	187
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	187
05152	Guinea hen, meat only, raw	85.0	3.0 oz	187
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	187

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	187
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	187
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	187
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	186
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	186
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	186
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	186
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	186
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	186
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	186
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	186
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	186
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	186
09302	Raspberries, raw	123.0	1.0 cup	186
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	186
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	186
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	185
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	185
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	185
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	185
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	185
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	185
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	184
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	184
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	184
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	184
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	184
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	184
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	184
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	184
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	184
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	184
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	184
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	184
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	184
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	184

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	184
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	184
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	184
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	184
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	184
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	184
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	184
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	184
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	183
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	183
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	183
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	183
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	183
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	183
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	183
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	183
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	183
20087	Wheat, sprouted	108.0	1.0 cup	183
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	182
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	182
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	182
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	182
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	182
01035	Cheese, provolone	132.0	1.0 cup, diced	182
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	182
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	182
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	182
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	182
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	182
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	182
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	182
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	181
11520	Taro leaves, raw	28.0	1.0 cup	181
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	181
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	181
09296	Quinces, raw	92.0	1.0 fruit without refuse	181

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	181
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	181
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	181
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	181
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	181
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	181
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	181
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	181
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	181
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	180
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	180
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	180
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	180
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	180
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	180
01032	Cheese, parmesan, grated	100.0	1.0 cup	180
11603	Yambean (jicama), raw	120.0	1.0 cup slices	180
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	180
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	180
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	180
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	180
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	180
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	180
01005	Cheese, brick	132.0	1.0 cup, diced	180
01034	Cheese, port de salut	132.0	1.0 cup, diced	180
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	179
19071	Candies, carob, unsweetened	28.35	1.0 oz	179
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	179
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	179
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	179
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	179
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	179
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	179
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	179
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	179
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	179

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	179
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	179
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	179
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	179
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	178
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	178
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	178
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	178
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	178
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	178
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	178
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	178
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	178
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	178
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	178
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	178
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	178
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	178
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	177
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	177
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	177
01030	Cheese, muenster	132.0	1.0 cup, diced	177
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	177
21023	Fast foods, french toast with butter	135.0	2.0 slices	177
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	177
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	177
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	176
19296	Honey	339.0	1.0 cup	176
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	176
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	176
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	176
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	176
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	176
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	176
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	176

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	176
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	176
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	176
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	176
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	175
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	175
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	175
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	175
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	175
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	175
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	174
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	174
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	174
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	174
11154	Chicory roots, raw	60.0	1.0 root	174
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	174
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	174
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	174
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	174
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	174
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	174
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	174
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	174
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	174
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	173
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	173
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	173
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	173
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	173
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	173
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	173
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	173
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	173
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	173
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	172
09326	Watermelon, raw	154.0	1.0 cup, balls	172

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	172
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	172
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	172
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	172
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	172
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	172
07024	Frankfurter, chicken	85.0	3.0 oz	172
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	172
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	172
01024	Cheese, limburger	134.0	1.0 cup	172
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	172
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	171
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	171
11003	Amaranth leaves, raw	28.0	1.0 cup	171
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	171
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	171
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	171
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	171
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	171
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	171
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	170
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	170
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	170
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	170
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	170
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	170
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	170
11418	Pumpkin leaves, raw	39.0	1.0 cup	170
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	170
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	170
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	170
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	170
11230	Pepeao, dried	24.0	1.0 cup	170
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	170
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	170

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	170
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	170
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	170
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	170
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	170
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	170
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	170
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	170
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	169
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	169
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	169
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	169
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	169
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	169
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	169
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	169
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	169
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	169
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	169
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	169
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	169
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	168
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	168
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	168
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	168
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	168
17142	Veal, ground, raw	85.0	3.0 oz	168
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	168
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	168
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	168
19089	Ice creams, vanilla, rich	107.0	0.5 cup	168
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	168
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	168
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	168
01011	Cheese, colby	132.0	1.0 cup, diced	168
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	168

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11457	Spinach, raw	30.0	1.0 cup	167
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	167
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	167
09421	Dates, medjool	24.0	1.0 date, pitted	167
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	167
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	167
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	167
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	167
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	167
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	167
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	166
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	166
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	166
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	166
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	166
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	166
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	166
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	166
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	166
20089	Wild rice, cooked	164.0	1.0 cup	166
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	166
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	166
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	165
28322	Bagels, multigrain	81.0	1.0 piece bagel	165
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	165
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	165
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	165
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	165
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	164
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	164
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	164
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	164
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	164
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	164
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	164
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	164

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	164
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	164
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	164
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	164
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	164
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	163
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	163
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	163
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	163
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	163
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	163
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	163
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	163
11568	Turnip greens, raw	55.0	1.0 cup, chopped	163
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	163
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	162
09252	Pears, raw	140.0	1.0 cup, slices	162
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	162
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	162
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	162
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	162
18968	Bagels, wheat	98.0	1.0 bagel	162
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	162
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	162
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	162
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	162
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	162
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	162
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	162
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	161
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	161
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	161

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	161
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	161
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	161
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	161
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	161
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	161
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	161
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	161
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	161
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	161
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	160
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	160
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	160
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	160
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	160
14066	Beverages, Protein powder whey based	32.0	0.33 cup	160
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	160
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	160
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	160
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	160
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	160
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	160
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	159
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	159
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	159
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	159
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	159
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	159
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	159
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	159
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	159
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	159
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	159
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	159

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	158
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	158
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	158
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	158
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	158
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	158
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	158
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	157
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	157
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	157
11980	Peppers, chili, green, canned	139.0	1.0 cup	157
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	157
11362	Potatoes, raw, skin	38.0	1.0 skin	157
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	157
21420	KFC, Coleslaw	112.0	1.0 package	157
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	157
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	157
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	157
11231	Jute, potherb, raw	28.0	1.0 cup	157
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	157
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	156
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	156
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	156
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	156
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	156
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	156
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	156
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	156
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	156
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	156
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	156
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	156
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	156
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	156
11982	Peppers, pasilla, dried	7.0	1.0 pepper	156

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	156
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	155
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	155
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	155
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	155
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	155
09413	Pears, raw, red anjou	126.0	1.0 small	155
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	155
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	155
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	155
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	155
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	155
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	154
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	154
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	154
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	154
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	154
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	154
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	154
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	154
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	154
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	154
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	154
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	154
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	154
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	154
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	154
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	154
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	154
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	153
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	153
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	153
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	153
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	153
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	153

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	153
12058	Nuts, acorns, raw	28.35	1.0 oz	153
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	152
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	152
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	152
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	152
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	152
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	152
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	152
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	152
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	152
21509	BURGER KING, Onion Rings	91.0	1.0 small	152
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	152
19400	Snacks, banana chips	28.35	1.0 oz	152
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	152
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	152
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	152
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	152
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	152
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	151
15128	Fish, tuna salad	85.0	3.0 oz	151
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	151
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	151
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	151
11109	Cabbage, raw	89.0	1.0 cup, chopped	151
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	151
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	151
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	151
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	151
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	151
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	151
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	151
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	151
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	151
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	150
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	150

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	150
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	150
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	150
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	150
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	150
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	150
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	150
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	150
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	150
16246	SILK Nog, soymilk	122.0	0.5 cup	150
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	150
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	150
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	150
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	150
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	150
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	149
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	149
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	149
09428	Rowal, raw	114.0	0.5 cup	149
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	149
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	149
19238	Candies, REESE'S BITES	39.0	16.0 pieces	149
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	149
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	149
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	149
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	149
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	148
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	148
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	148
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	148
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	148
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	148
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	148
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	148

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	148
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	148
07912	Roast beef spread	57.0	1.0 serving .25 cup	148
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	148
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	147
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	147
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	147
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	147
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	147
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	147
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	147
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	147
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	147
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	147
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	147
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	147
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	147
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	147
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	147
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	147
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	147
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	146
19366	Toppings, pineapple	340.0	1.0 cup	146
20006	Barley, pearled, cooked	157.0	1.0 cup	146
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	146
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	145
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	145
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	145
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	145
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	145
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	145
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	145
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	145
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	145
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	144
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	144

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	144
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	144
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	144
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	144
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	144
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	144
19349	Syrups, corn, dark	328.0	1.0 cup	144
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	144
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	144
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	144
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	144
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	144
18283	Muffins, oat bran	28.35	1.0 oz	144
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	144
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	144
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	144
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	144
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	144
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	144
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	143
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	143
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	143
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	143
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	143
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	143
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	143
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	143
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	143
11522	Taro shoots, raw	43.0	0.5 cup slices	143
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	143
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	143
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	142
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	142
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	142
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	142

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	142
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	142
03213	Babyfood, cookies	28.35	1.0 oz	142
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	142
15073	Fish, roughy, orange, raw	85.0	3.0 oz	142
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	142
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	142
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	142
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	142
21416	POPEYES, Coleslaw	120.0	1.0 package	142
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	141
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	141
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	141
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	141
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	141
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	141
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	141
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	141
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	141
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	141
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	141
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	141
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	141
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	141
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	141
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	141
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	141
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	140
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	140
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	140
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	140
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	140
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	140
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	140

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	140
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	139
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	139
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	139
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	139
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	139
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	139
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	139
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	139
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	139
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	139
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	139
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	138
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	138
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	138
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	138
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	138
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	138
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	138
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	138
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	138
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	138
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	138
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	137
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	137
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	137
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	137
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	137
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	137
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	137
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	137
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	137
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	137
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	137
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	137

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	136
11147	Chard, swiss, raw	36.0	1.0 cup	136
06971	Sauce, worcestershire	17.0	1.0 tbsp	136
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	136
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	136
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	136
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	136
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	136
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	136
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	136
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	135
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	135
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	135
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	135
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	135
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	135
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	135
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	135
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	135
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	135
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	135
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	134
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	134
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	134
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	134
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	134
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	134
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	134
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	134
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	134
15075	Fish, sablefish, smoked	28.35	1.0 oz	134
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	133
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	133
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	133

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	133
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	133
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	133
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	133
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	133
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	132
27065	Dip, bean, original flavor	36.0	2.0 tbsp	132
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	132
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	132
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	132
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	132
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	132
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	132
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	131
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	131
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	131
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	131
09433	Clementines, raw	74.0	1.0 fruit	131
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	131
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	131
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	131
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	130
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	130
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	130
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	130
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	130
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	130
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	130
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	130
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	130
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	130
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	130
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	130
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	130
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	129
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	129

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	129
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	129
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	129
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	129
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	129
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	129
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	129
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	128
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	128
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	128
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	128
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	128
36028	DENNY'S, coleslaw	91.0	1.0 serving	128
80200	Frog legs, raw	45.0	1.0 leg	128
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	128
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	128
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	128
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	128
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	128
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	128
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	128
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	128
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	128
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	128
18980	KASHI, Original Waffle	72.0	2.0 pieces	127
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	127
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	127
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	127
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	127
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	127
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	127
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	126
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	126
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	126

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
43406	Yeast extract spread	6.0	1.0 tsp	126
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	126
25024	Pretzels, soft, unsalted	143.0	1.0 large	126
43109	Pretzels, soft	143.0	1.0 large	126
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	126
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	125
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	125
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	125
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	125
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	125
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	125
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	125
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	125
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	125
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	125
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	125
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	125
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	125
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	125
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	125
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	125
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	125
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	125
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	124
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	124
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	124
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	124
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	124
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	124
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	124
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	124
20013	Bulgur, cooked	182.0	1.0 cup	124
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	124
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	123
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	123

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	123
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	123
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	123
43476	Tofu yogurt	262.0	1.0 cup	123
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	123
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	123
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	123
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	123
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	122
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	122
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	122
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	122
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	122
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	122
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	122
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	122
11152	Chicory greens, raw	29.0	1.0 cup, chopped	122
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	122
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	122
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	122
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	121
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	121
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	121
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	121
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	121
11952	Radicchio, raw	40.0	1.0 cup, shredded	121
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	121
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	121
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	121
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	120
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	120
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	120
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	120
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	120
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	120
20061	Rice flour, white, unenriched	158.0	1.0 cup	120

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
15007	Fish, butterfish, raw	32.0	1.0 fillet	120
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	120
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	120
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	120
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	120
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	120
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	120
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	120
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	119
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	119
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	119
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	119
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	119
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	119
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	119
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	119
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	119
09311	Roselle, raw	57.0	1.0 cup, without refuse	119
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	118
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	118
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	118
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	118
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	118
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	118
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	118
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	118
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	118
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	118
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	118
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	118
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	118
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	117
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	117
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	117
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	117

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	117
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	117
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	117
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	117
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	117
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	116
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	116
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	116
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	116
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	116
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	116
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	116
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	116
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	116
19114	Ice creams, chocolate, light	68.0	1.0 serving	116
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	116
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	115
19147	Candies, peanut bar	28.35	1.0 oz	115
12006	Seeds, chia seeds, dried	28.35	1.0 oz	115
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	115
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	115
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	115
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	115
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	115
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	115
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	115
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	115
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	115
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	114
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	114
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	114
09050	Blueberries, raw	148.0	1.0 cup	114
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	114
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	114
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	114

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	114
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	114
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	114
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	114
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	113
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	113
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	113
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	113
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	113
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	113
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	113
07019	Chorizo, pork and beef	28.35	1.0 oz	113
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	113
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	113
11986	Malabar spinach, cooked	44.0	1.0 cup	113
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	113
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	113
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	113
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	112
07954	Beef sausage, pre-cooked	48.0	1.0 serving	112
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	112
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	112
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	112
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	112
11591	Watercress, raw	34.0	1.0 cup, chopped	112
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	112
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	112
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	112
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	112
21401	Fast foods, chicken tenders	30.0	1.0 strip	112
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	112
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	112
11151	Chicory, witloof, raw	53.0	1.0 head	112
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	112
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	112

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	112
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	111
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	111
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	111
07025	Frankfurter, turkey	28.35	1.0 oz	111
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	111
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	111
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	111
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	111
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	110
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	110
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	110
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	110
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	110
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	110
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	110
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	110
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	110
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	110
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	110
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	110
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	109
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	109
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	109
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	109
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	109
17168	Goat, raw	28.35	1.0 oz	109
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	109
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	109
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	109
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	109
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	109
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	109
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	109
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	109

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	108
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	108
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	108
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	108
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	108
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	108
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	108
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	108
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	108
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	108
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	108
20032	Millet, cooked	174.0	1.0 cup	108
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	108
07921	Bacon and beef sticks	28.0	1.0 oz	108
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	107
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	107
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	107
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	107
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	107
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	107
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	107
01025	Cheese, monterey	132.0	1.0 cup, diced	107
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	107
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	107
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	107
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	107
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	107
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	107
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	106
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	106
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	106
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	106
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	106
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	106
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	106

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	106
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	106
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	106
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	106
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	106
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	106
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	106
07971	Bologna, meat and poultry	33.0	1.0 slice	106
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	106
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	106
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	106
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	105
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	105
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	105
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	105
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	105
07007	Bologna, beef	30.0	1.0 slice	105
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	105
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	105
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	105
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	105
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	105
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	105
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	105
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	105
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	105
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	105
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	105
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	105
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	105
42270	Beverages, Orange juice drink	249.0	1.0 cup	105
09082	Cranberry-orange relish, canned	275.0	1.0 cup	104
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	104
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	104
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	104
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	104

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	104
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	104
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	104
21415	POPEYES, biscuit	60.0	1.0 biscuit	104
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	104
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	103
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	103
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	103
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	103
01045	Cheese food, cold pack, American	28.35	1.0 oz	103
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	103
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	103
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	103
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	103
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	103
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	102
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	102
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	102
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	102
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	102
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	102
13166	USDA Commodity, beef, canned	45.0	1.0 serving	102
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	102
17170	Game meat, horse, raw	28.35	1.0 oz	102
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	102
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	102
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	102
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	102
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	102
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	102
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	101
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	101
15055	Fish, mullet, striped, raw	28.35	1.0 oz	101
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	101
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	101
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	101

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	101
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	101
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	101
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	101
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	101
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	101
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	101
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	100
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	100
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	100
01009	Cheese, cheddar	132.0	1.0 cup, diced	100
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	100
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	100
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	100
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	100
17144	Game meat, antelope, raw	28.35	1.0 oz	100
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	100
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	100
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	100
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	100
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	100
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	100
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	100
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	100
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	100
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	100
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	100
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	99
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	99
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	99
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	99
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	99
09004	Apples, raw, without skin	110.0	1.0 cup slices	99
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	99
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	99

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	99
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	99
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	99
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	99
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	99
17150	Game meat, beaver, raw	28.35	1.0 oz	99
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	99
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	98
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	98
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	98
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	98
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	98
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	98
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	98
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	98
18172	Cookies, gingersnaps	28.35	1.0 oz	98
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	98
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	98
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	98
18177	Cookies, molasses	28.35	1.0 oz	98
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	98
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	98
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	98
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	98
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	98
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	98
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	98
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	98
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	98
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	98
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	97
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	97
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	97
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	97
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	97
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	97

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	97
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	97
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	97
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	97
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	97
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	97
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	97
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	97
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	97
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	97
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	97
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	97
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	97
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	97
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	97
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	97
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	97
18235	Crackers, whole-wheat	28.0	1.0 serving	97
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	97
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	97
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	97
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	96
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	96
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	96
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	96
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	96
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	96
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	96
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	96
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	96
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	96
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	96
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	96
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	96
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	96

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	96
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	96
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	95
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	95
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	95
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	95
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	95
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	95
07926	Salami, Italian, pork	28.0	1.0 oz	95
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	95
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	95
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	95
01040	Cheese, swiss	132.0	1.0 cup, diced	95
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	95
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	95
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	95
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	95
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	95
11970	Cabbage, napa, cooked	109.0	1.0 cup	95
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	95
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	95
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	95
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	94
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	94
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	94
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	94
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	94
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	94
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	94
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	94
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	94
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	94
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	94
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	94
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	94

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	94
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	94
07911	Liverwurst spread	55.0	0.25 cup	94
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	93
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	93
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	93
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	93
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	93
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	93
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	93
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	93
01019	Cheese, feta	150.0	1.0 cup, crumbled	93
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	93
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	93
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	93
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	93
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	93
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	93
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	93
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	93
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	93
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	93
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	93
11446	Seaweed, laver, raw	26.0	10.0 sheets	93
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	92
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	92
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	92
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	92
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	92
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	92
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	92
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	92
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	92
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	92
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	92

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	92
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	92
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	92
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	92
18043	Bread, protein (includes gluten)	28.35	1.0 oz	91
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	91
11954	Tomatillos, raw	34.0	1.0 medium	91
20029	Couscous, cooked	157.0	1.0 cup, cooked	91
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	91
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	91
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	91
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	91
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	91
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	91
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	91
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	91
43128	Chicken, meatless	168.0	1.0 cup	91
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	91
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	91
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	91
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	90
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	90
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	90
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	90
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	90
17164	Game meat, deer, raw	28.35	1.0 oz	90
18021	Bread, boston brown, canned	28.35	1.0 oz	90
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	90
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	90
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	90
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	90
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	90
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	90

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	90
17172	Game meat, moose, raw	28.35	1.0 oz	90
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	90
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	90
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	90
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	90
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	89
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	89
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	89
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	89
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	89
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	89
12071	Nuts, almond paste	28.35	1.0 oz	89
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	89
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	89
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	89
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	89
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	89
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	89
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	89
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	89
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	89
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	88
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	88
17166	Game meat, elk, raw	28.35	1.0 oz	88
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	88
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	88
07030	Ham, minced	28.35	1.0 oz	88
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	88
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	88
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	88
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	88
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	88
09078	Cranberries, raw	110.0	1.0 cup, chopped	88
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	88
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	88

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	88
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	88
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	88
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	88
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	88
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	88
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	87
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	87
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	87
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	87
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	87
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	87
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	87
19154	Candies, sesame crunch	28.35	1.0 oz	87
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	87
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	87
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	87
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	87
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	87
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	87
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	87
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	87
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	87
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	87
03217	Zwieback	28.35	1.0 oz	86
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	86
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	86
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	86
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	86
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	86
17183	Game meat, squirrel, raw	28.35	1.0 oz	86
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	86
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	86
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	86

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	86
28351	Cookies, Marie biscuit	28.0	5.0 cookie	86
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	86
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	86
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	86
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	86
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	86
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	86
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	86
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	86
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	86
09163	Blueberries, dried, sweetened	40.0	0.25 cup	86
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	86
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	85
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	85
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	85
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	85
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	85
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	85
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	85
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	85
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	85
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	85
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	84
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	84
01020	Cheese, fontina	132.0	1.0 cup, diced	84
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	84
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	84
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	84
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	84
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	84
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	84
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	84
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	84
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	84
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	84

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	84
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	84
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	84
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	84
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	84
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	84
17162	Game meat, caribou, raw	28.35	1.0 oz	84
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	84
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	84
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	84
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	84
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	83
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	83
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	83
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	83
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	83
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	83
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	83
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	83
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	83
15014	Fish, cisco, smoked	28.35	1.0 oz	83
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	83
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	83
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	82
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	82
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	82
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	82
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	82
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	82
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	82
19081	Candies, sweet chocolate	28.35	1.0 oz	82
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	82
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	82
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	82
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	82

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18103	Coffeecake, cheese	28.35	1.0 oz	82
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	82
19243	Candies, HEATH BITES	39.0	15.0 pieces	82
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	82
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	82
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	82
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	82
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	81
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	81
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	81
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	81
10219	Pork, fresh, ground, raw	28.35	1.0 oz	81
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	81
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	81
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	81
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	81
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	81
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	81
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	81
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	81
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	81
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	81
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	81
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	81
18385	Bread, wheat germ, toasted	28.35	1.0 oz	81
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	81
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	81
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	81
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	81
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	81
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	81
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	81
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	81
07026	Ham, chopped, canned	28.35	1.0 oz	81

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	81
01238	Ice cream sandwich	70.0	1.0 serving	80
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	80
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	80
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	80
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	80
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	80
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	80
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	80
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	80
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	80
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	80
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	80
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	80
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	80
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	80
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	80
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	80
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	79
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	79
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	79
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	79
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	79
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	79
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	79
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	79
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	79
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	79
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	79
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	79
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	79
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	79
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	79
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	79
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	79

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	79
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	79
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	79
11213	Endive, raw	25.0	0.5 cup, chopped	78
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	78
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	78
11096	Broccoli raab, raw	40.0	1.0 cup chopped	78
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	78
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	78
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	78
17174	Game meat, muskrat, raw	28.35	1.0 oz	78
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	78
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	78
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	78
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	78
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	78
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	78
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	78
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	78
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	78
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	78
19314	Pie fillings, canned, cherry	74.0	0.125 can	78
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	78
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	78
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	78
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	78
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	78
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	78
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	78
09229	Papaya nectar, canned	250.0	1.0 cup	78
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	78
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	77
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	77
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	77
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	77
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	77

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	77
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	77
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	77
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	77
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	77
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	77
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	77
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	77
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	77
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	77
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	77
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	77
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	77
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	77
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	77
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	77
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	77
11161	Collards, raw	36.0	1.0 cup, chopped	77
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	77
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	77
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	76
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	76
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	76
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	76
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	76
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	76
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	76
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	76
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	76
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	76
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	76
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	76
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	76
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	76

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	76
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	76
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	76
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	76
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	76
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	76
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	76
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	76
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	76
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	76
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	76
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	76
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	76
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	75
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	75
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	75
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	75
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	75
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	75
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	75
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	75
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	75
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	75
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	75
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	75
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	75
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	75
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	75
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	75
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	75
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	75
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	75
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	75
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	75
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	75

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	75
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	75
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	75
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	75
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	74
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	74
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	74
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	74
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	74
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	74
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	74
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	74
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	74
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	74
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	74
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	74
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	74
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	74
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	74
01144	Egg substitute, powder	9.9	0.35 oz	74
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	74
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	74
11953	Squash, zucchini, baby, raw	16.0	1.0 large	73
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	73
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	73
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	73
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	73
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	73
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	73
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	73
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	73
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	73
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	73
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	73
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	73
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	73

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25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	73
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	73
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	73
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	73
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	73
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	73
01004	Cheese, blue	28.35	1.0 oz	73
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	73
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	73
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	72
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	72
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	72
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	72
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	72
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	72
21024	Fast foods, french toast sticks	65.0	3.0 pieces	72
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	72
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	72
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	72
21142	Fast food, biscuit	55.0	1.0 biscuit	72
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	72
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	72
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	72
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	72
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	72
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	72
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	72
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	72
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	72
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	72
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	71
01070	Dessert topping, powdered	43.0	1.5 oz	71
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	71
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	71
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	71
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	71

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	71
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	71
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	71
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	71
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	71
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	71
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	71
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	71
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	71
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	70
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	70
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	70
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	70
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	70
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	70
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	70
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	70
11285	Onions, canned, solids and liquids	63.0	1.0 onion	70
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	70
01128	Egg, whole, cooked, fried	46.0	1.0 large	70
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	70
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	70
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	70
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	70
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	70
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	70
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	70
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	70
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	69
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	69
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	69
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	69
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	69
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	69
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	69
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	69

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	69
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	69
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	69
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	69
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	69
01123	Egg, whole, raw, fresh	50.0	1.0 large	69
01131	Egg, whole, cooked, poached	50.0	1.0 large	69
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	69
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	69
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	69
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	69
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	69
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	69
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	69
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	69
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	69
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	68
09159	Limes, raw	67.0	1.0 fruit (2" dia)	68
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	68
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	68
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	68
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	68
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	68
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	68
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	68
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	68
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	68
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	68
09437	Tamarind nectar, canned	251.0	1.0 cup	68
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	68
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	68
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	68
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	68
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	68
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	68
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	68

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	68
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	68
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	68
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	68
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	68
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	67
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	67
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	67
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	67
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	67
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	67
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	67
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	67
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	67
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	67
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	67
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	67
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	67
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	67
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	67
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	67
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	67
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	67
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	67
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	67
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	67
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	66
01225	Dulce de Leche	19.0	1.0 tbsp	66
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	66
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	66
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	66
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	66
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	66
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	66
13350	Beef, cured, dried	28.0	10.0 slices	66
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	66

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	66
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	66
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	66
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	66
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	66
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	65
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	65
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	65
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	65
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	65
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	65
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	65
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	65
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	65
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	65
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	65
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	65
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	65
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	65
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	65
12156	Nuts, walnuts, glazed	28.0	1.0 oz	65
27028	PACE, Salsa Verde	32.0	1.0 serving	65
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	65
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	65
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	65
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	65
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	65
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	65
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	65
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	65
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	65
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	65
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	65
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	65
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	64
18414	Bread, raisin, unenriched	28.35	1.0 oz	64

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18047	Bread, raisin, enriched	28.35	1.0 oz	64
18066	Bread, wheat bran	28.35	1.0 oz	64
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	64
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	64
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	64
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	64
07040	Liver cheese, pork	28.35	1.0 oz	64
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	64
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	64
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	64
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	64
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	64
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	64
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	64
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	64
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	64
07061	Mother's loaf, pork	28.35	1.0 oz	64
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	64
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	64
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	64
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	64
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	64
08510	Milk and cereal bar	25.0	1.0 bar	64
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	63
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	63
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	63
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	63
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	63
18065	Bread, wheat, toasted	28.35	1.0 oz	63
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	63
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	63
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	63
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	63
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	63
17224	Lamb, ground, raw	28.35	1.0 oz	63
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	63

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	63
09434	Guanabana nectar, canned	251.0	1.0 cup	63
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	63
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	63
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	63
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	62
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	62
02043	Spices, turmeric, ground	3.0	1.0 tsp	62
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	62
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	62
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	62
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	62
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	62
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	62
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	62
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	62
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	62
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	62
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	62
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	62
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	62
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	62
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	62
19014	Snacks, fruit leather, rolls	21.0	1.0 large	62
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	62
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	62
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	62
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	62
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	62
43282	Quail, cooked, total edible	28.35	1.0 oz	61
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	61
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	61
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	61
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	61
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	61

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	61
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	61
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	61
18059	Bread, rice bran	28.35	1.0 oz	61
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	61
07045	Luncheon meat, pork, canned	28.35	1.0 oz	61
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	61
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	61
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	61
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	61
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	61
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	61
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	61
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	61
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	61
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	61
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	60
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	60
07070	Salami, cooked, turkey	28.0	1.0 serving	60
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	60
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	60
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	60
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	60
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	60
09436	Mango nectar, canned	251.0	1.0 cup	60
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	60
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	60
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	60
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	60
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	60
18384	Bread, rice bran, toasted	28.35	1.0 oz	60
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	60
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	60
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	60
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	60
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	60

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	60
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	60
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	60
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	60
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	60
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	60
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	60
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	60
01199	Cream, half and half, fat free	29.0	2.0 tbsp	60
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	60
18157	Cookies, chocolate wafers	28.35	1.0 oz	60
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	60
18266	English muffins, whole-wheat	28.35	1.0 oz	60
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	60
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	60
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	60
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	60
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	60
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	59
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	59
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	59
07018	Chicken spread	56.0	1.0 serving (1 serving)	59
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	59
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	59
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	59
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	59
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	59
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	59
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	59
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	59
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	59
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	59
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	59
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	59
18044	Bread, pumpernickel	28.35	1.0 oz	59
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	59

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	59
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	59
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	59
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	59
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	59
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	59
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	59
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	59
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	59
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	59
18170	Cookies, fig bars	28.35	1.0 oz	59
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	59
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	59
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	58
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	58
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	58
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	58
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	58
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	58
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	58
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	58
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	58
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	58
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	58
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	58
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	58
16107	Sausage, meatless	25.0	1.0 link	58
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	58
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	58
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	58
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	58
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	58
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	57
03172	Babyfood, juice, orange	31.2	1.0 fl oz	57
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	57
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	57

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	57
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	57
18265	English muffins, wheat, toasted	28.35	1.0 oz	57
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	57
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	57
11416	Pumpkin flowers, raw	33.0	1.0 cup	57
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	57
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	57
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	57
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	57
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	57
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	57
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	57
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	57
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	57
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	57
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	57
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	57
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	57
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	57
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	57
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	56
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	56
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	56
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	56
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	56
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	56
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	56
21419	KFC, biscuit	49.0	1.0 biscuit	56
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	56
21129	Fast foods, hush puppies	22.0	1.0 piece	56
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	56
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	56
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	56
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	56

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	56
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	56
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	56
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	56
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	56
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	56
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	56
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	56
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	56
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	56
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	56
01239	Ice cream cookie sandwich	82.0	1.0 serving	56
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	56
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	56
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	56
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	56
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	56
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	55
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	55
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	55
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	55
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	55
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	55
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	55
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	55
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	55
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	55
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	55
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	55
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	55
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	55
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	55
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	55
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	55
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	55

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	55
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	55
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	55
10898	Pork, pickled pork hocks	117.0	3.0 oz	55
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	55
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	55
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	55
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	55
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	55
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	55
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	55
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	55
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	55
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	55
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	55
11981	Peppers, hungarian, raw	27.0	1.0 pepper	55
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	55
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	54
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	54
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	54
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	54
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	54
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	54
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	54
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	54
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	54
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	54
07973	Turkey bacon, microwaved	8.1	1.0 slice	54
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	54
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	54
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	54
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	54
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	54
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	54
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	54

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
01124	Egg, white, raw, fresh	33.0	1.0 large	54
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	54
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	54
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	54
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	54
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	54
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	54
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	54
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	54
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	54
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	54
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	53
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	53
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	53
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	53
01018	Cheese, edam	28.35	1.0 oz	53
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	53
09192	Oheloberries, raw	140.0	1.0 cup	53
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	53
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	53
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	53
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	53
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	53
01007	Cheese, camembert	28.35	1.0 oz	53
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	53
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	53
19117	Candies, halavah, plain	28.35	1.0 oz	53
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	53
19080	Candies, semisweet chocolate	14.5	1.0 serving	53
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	53
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	53
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	53
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	53
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	53

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	53
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	53
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	53
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	53
18264	English muffins, wheat	28.35	1.0 oz	53
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	53
02009	Spices, chili powder	2.7	1.0 tsp	53
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	53
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	52
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	52
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	52
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	52
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	52
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	52
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	52
10005	Pork, fresh, belly, raw	28.35	1.0 oz	52
02028	Spices, paprika	2.3	1.0 tsp	52
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	52
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	52
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	52
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	52
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	52
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	52
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	52
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	52
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	52
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	52
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	52
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	52
18061	Bread, rye, toasted	28.35	1.0 oz	52
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	52
05286	Turkey and gravy, frozen	85.0	3.0 oz	52
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	52
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	52
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	52

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	52
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	52
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	52
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	52
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	52
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	52
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	52
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	52
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	52
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	51
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	51
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	51
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	51
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	51
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	51
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	51
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	51
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	51
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	51
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	51
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	51
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	51
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	51
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	51
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	51
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	51
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	51
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	51
43135	Sandwich spread, meatless	15.0	1.0 tbsp	51
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	51
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	51
18448	Taco shells, baked, without added salt	28.35	1.0 oz	51
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	51
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	51
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	51
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	51

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	51
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	50
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	50
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	50
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	50
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	50
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	50
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	50
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	50
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	50
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	50
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	50
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	50
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	50
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	50
18025	Bread, cracked-wheat	28.35	1.0 oz	50
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	50
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	50
01186	Cheese, cream, fat free	18.0	1.0 tbsp	50
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	50
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	50
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	50
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	50
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	50
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	50
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	50
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	50
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	50
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	50
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	50
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	50
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	50
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	50
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	50
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	50
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	50

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	50
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	50
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	50
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	50
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	50
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	50
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	49
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	49
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	49
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	49
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	49
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	49
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	49
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	49
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	49
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	49
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	49
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	49
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	49
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	49
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	49
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	49
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	49
07068	Salami, cooked, beef	26.0	1.0 slice	49
07254	Turkey bacon, unprepared	14.0	1.0 serving	49
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	49
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	49
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	49
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	49
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	49
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	49
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	49
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	49
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	49
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	49

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	48
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	48
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	48
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	48
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	48
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	48
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	48
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	48
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	48
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	48
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	48
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	48
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	48
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	48
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	48
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	48
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	48
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	48
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	48
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	48
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	48
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	48
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	48
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	48
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	48
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	48
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	48
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	48
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	48
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	48
06114	Gravy, au jus, canned	59.0	0.25 cup	48
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	48
11949	Catsup, low sodium	17.0	1.0 tbsp	48

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11935	Catsup	17.0	1.0 tbsp	48
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	48
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	48
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	48
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	48
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	48
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	48
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	47
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	47
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	47
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	47
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	47
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	47
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	47
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	47
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	47
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	47
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	47
19129	Syrups, table blends, pancake	314.0	1.0 cup	47
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	47
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	47
18060	Bread, rye	28.35	1.0 oz	47
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	47
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	47
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	47
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	47
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	47
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	47
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	47
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	47
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	47
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	47
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	46
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	46
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	46
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	46

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	46
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	46
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	46
07050	Mortadella, beef, pork	28.35	1.0 oz	46
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	46
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	46
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	46
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	46
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	46
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	46
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	46
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	46
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	46
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	46
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	46
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	46
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	46
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	46
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	46
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	46
01074	Sour cream, imitation, cultured	28.35	1.0 oz	46
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	46
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	46
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	46
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	46
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	46
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	46
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	45
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	45
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	45
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	45
07960	Bologna, chicken, pork	28.0	1.0 serving	45
18216	Crackers, crispbread, rye	14.2	0.5 oz	45
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	45

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	45
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	45
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	45
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	45
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	45
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	45
01157	Cheese, goat, semisoft type	28.35	1.0 oz	45
28348	Rolls, dinner, sweet	30.0	1.0 roll	45
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	45
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	44
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	44
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	44
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	44
18963	Garlic bread, frozen	43.0	1.0 slice presliced	44
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	44
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	44
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	44
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	44
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	44
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	44
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	44
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	44
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	44
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	44
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	44
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	44
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	44
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	44
18040	Bread, oatmeal, toasted	28.35	1.0 oz	44
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	44
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	44
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	44
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	44

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	44
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	44
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	43
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	43
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	43
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	43
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	43
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	43
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	43
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	43
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	43
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	43
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	43
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	43
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	43
01031	Cheese, neufchatel	28.35	1.0 oz	43
01006	Cheese, brie	28.35	1.0 oz	43
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	43
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	43
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	43
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	43
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	43
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	43
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	43
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	43
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	43
05311	Chicken, canned, no broth	28.0	1.0 oz	43
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	43
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	43
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	43
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	43
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	43
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	43
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	43
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	43

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	43
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	42
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	42
19353	Syrups, maple	20.0	1.0 tbsp	42
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	42
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	42
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	42
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	42
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	42
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	42
18354	Strudel, apple	28.35	1.0 oz	42
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	42
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	42
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	42
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	42
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	42
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	42
19181	Candies, YORK BITES	39.0	15.0 pieces	42
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	42
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	42
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	42
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	42
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	42
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	42
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	42
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	42
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	42
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	42
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	42
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	42
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	42
18037	Bread, oat bran	28.35	1.0 oz	42
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	42

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	42
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	41
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	41
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	41
16129	Tofu, fried	28.35	1.0 oz	41
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	41
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	41
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	41
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	41
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	41
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	41
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	41
42161	Bologna, beef, low fat	28.0	1.0 slice	41
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	41
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	41
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	41
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	41
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	41
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	41
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	41
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	41
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	41
18064	Bread, wheat	29.0	1.0 slice	41
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	41
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	41
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	41
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	41
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	41
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	41
43408	Babyfood, juice, pear	31.2	1.0 fl oz	41
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	41
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	41
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	40
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	40
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	40
18972	Bread, cheese	48.0	1.0 slice	40

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	40
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	40
18039	Bread, oatmeal	28.35	1.0 oz	40
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	40
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	40
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	40
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	40
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	40
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	40
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	40
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	40
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	40
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	40
01049	Cream, fluid, half and half	30.2	1.0 fl oz	40
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	40
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	40
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	40
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	40
18191	Cookies, raisin, soft-type	28.35	1.0 oz	40
25046	Snacks, bagel chips, plain	28.35	1.0 oz	40
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	40
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	40
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	40
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	39
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	39
06150	Sauce, barbecue	17.0	1.0 tbsp	39
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	39
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	39
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	39
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	39
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	39
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	39
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	39
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	39
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	39
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	39

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	39
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	39
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	39
03215	Babyfood, pretzels	28.35	1.0 oz	39
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	39
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	39
18355	Sweet rolls, cheese	28.35	1.0 oz	39
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	39
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	39
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	39
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	39
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	39
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	39
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	39
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	38
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	38
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	38
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	38
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	38
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	38
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	38
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	38
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	38
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	38
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	38
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	38
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	38
11974	Grape leaves, raw	14.0	1.0 cup	38
07005	Blood sausage	100.0	4.0 slices	38
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	38
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	38
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	38
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	38
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	38
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	38

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
07011	Bologna, turkey	28.0	0.99 oz 1 serving	38
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	38
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	38
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	38
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	38
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	38
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	38
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	38
02014	Spices, cumin seed	2.1	1.0 tsp, whole	38
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	38
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	38
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	38
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	37
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	37
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	37
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	37
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	37
18241	Croissants, cheese	28.35	1.0 oz	37
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	37
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	37
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	37
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	37
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	37
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	37
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	37
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	37
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	37
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	37
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	37
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	37
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	37
43274	Cheese, cream, low fat	15.0	1.0 tbsp	37
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	37
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	37
02020	Spices, garlic powder	3.1	1.0 tsp	37
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	37

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	37
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	37
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	37
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	37
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	37
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	37
42316	Babyfood, carrots, toddler	28.35	1.0 oz	37
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	37
25037	Snacks, pita chips, salted	28.35	1.0 oz	37
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	37
27064	Wasabi	20.0	1.0 tablespoon	36
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	36
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	36
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	36
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	36
19041	Snacks, pork skins, plain	28.35	1.0 oz	36
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	36
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	36
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	36
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	36
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	36
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	36
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	36
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	36
18028	Bread, egg, toasted	28.35	1.0 oz	36
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	36
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	36
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	36
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	36
16112	Miso	17.0	1.0 tbsp	36
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	36
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	36
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	36
11941	Pickles, cucumber, sour	155.0	1.0 cup	36
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	36
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	36

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18967	Bread, white wheat	28.0	1.0 slice	36
11960	Carrots, baby, raw	15.0	1.0 large	36
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	36
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	36
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	35
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	35
18323	Pie, peach	28.35	1.0 oz	35
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	35
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	35
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	35
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	35
09149	Kumquats, raw	19.0	1.0 fruit without refuse	35
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	35
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	35
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	35
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	35
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	35
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	35
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	35
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	35
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	35
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	35
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	35
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	35
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	35
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	35
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	35
18038	Bread, oat bran, toasted	28.35	1.0 oz	35
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	35
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	35
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	35
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	35
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	35
18224	Crackers, rusk toast	14.2	0.5 oz	35
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	35
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	35

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	35
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	35
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	35
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	35
18087	Cake, angelfood, dry mix	38.0	1.0 serving	35
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	35
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	34
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	34
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	34
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	34
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	34
18459	Breakfast tart, low fat	52.0	1.0 tart	34
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	34
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	34
01022	Cheese, gouda	28.35	1.0 oz	34
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	34
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	34
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	34
18345	Rolls, dinner, oat bran	28.35	1.0 oz	34
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	34
16158	Hummus, commercial	15.0	1.0 tbsp	34
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	34
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	34
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	34
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	34
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	34
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	34
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	34
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	34
18413	Bread, pita, white, unenriched	28.35	1.0 oz	34
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	34
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	34
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	34
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	34
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	34
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	34

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	34
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	34
02018	Spices, fennel seed	2.0	1.0 tsp, whole	34
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	34
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	34
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	34
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	34
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	34
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	34
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	34
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	34
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	34
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	34
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	34
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	34
18239	Croissants, butter	28.35	1.0 oz	33
20015	Corn bran, crude	76.0	1.0 cup	33
11677	Shallots, raw	10.0	1.0 tbsp chopped	33
19312	Pie fillings, apple, canned	74.0	0.125 can	33
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	33
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	33
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	33
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	33
02017	Spices, dill weed, dried	1.0	1.0 tsp	33
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	33
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	33
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	33
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	33
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	33
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	33
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	33
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	33
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	33
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	33
19036	Snacks, popcorn, cakes	10.0	1.0 cake	33

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	33
18236	Cracker meal	28.35	1.0 oz	33
18027	Bread, egg	28.35	1.0 oz	33
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	33
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	32
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	32
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	32
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	32
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	32
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	32
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	32
06120	Gravy, chicken, dry	8.0	1.0 tbsp	32
18349	Rolls, french	28.35	1.0 oz	32
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	32
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	32
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	32
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	32
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	32
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	32
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	32
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	32
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	32
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	32
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	32
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	32
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	32
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	32
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	32
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	32
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	32
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	32
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	32
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	32
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	32
15109	Fish, surimi	28.35	1.0 oz	32
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	32

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	32
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	32
43276	Cheese spread, cream cheese base	28.35	1.0 oz	32
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	32
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	32
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	32
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	32
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	32
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	31
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	31
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	31
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	31
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	31
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	31
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	31
08546	Rice and Wheat cereal bar	22.0	1.0 bar	31
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	31
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	31
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	31
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	31
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	31
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	31
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	31
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	31
18033	Bread, italian	28.35	1.0 oz	31
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	31
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	31
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	31
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	31
43405	Cheese, swiss, low sodium	28.0	1.0 slice	31
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	31
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	31
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	31
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	31
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	31

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	31
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	31
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	31
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	31
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	31
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	31
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	31
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	31
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	31
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	31
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	31
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	31
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	31
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	31
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	31
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	31
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	31
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	31
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	31
02030	Spices, pepper, black	2.3	1.0 tsp, ground	31
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	31
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	30
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	30
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	30
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	30
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	30
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	30
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	30
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	30
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	30
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	30
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	30
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	30
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	30
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	30

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	30
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	30
02002	Spices, anise seed	2.1	1.0 tsp, whole	30
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	30
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	30
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	30
06958	Gravy, instant beef, dry	6.7	1.0 serving	30
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	30
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	30
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	30
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	30
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	30
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	30
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	30
06126	Gravy, turkey, dry	7.0	1.0 serving	30
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	30
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	30
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	30
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	30
18360	Taco shells, baked	12.9	1.0 shell	30
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	30
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	30
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	30
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	30
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	30
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	30
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	30
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	30
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	30
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	30
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	30
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	30
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	30
18344	Rolls, dinner, egg	28.35	1.0 oz	29
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	29
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	29

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	29
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	29
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	29
18952	Tostada shells, corn	12.3	1.0 piece	29
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	29
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	29
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	29
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	29
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	29
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	29
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	29
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	29
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	29
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	29
03166	Babyfood, juice, apple	31.7	1.0 fl oz	29
18428	Crackers, wheat, low salt	14.2	0.5 oz	29
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	29
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	29
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	29
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	29
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	29
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	29
18220	Crackers, melba toast, plain	14.2	0.5 oz	29
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	29
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	29
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	29
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	29
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	29
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	29
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	29
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	29
02019	Spices, fenugreek seed	3.7	1.0 tsp	28
02008	Spices, chervil, dried	0.6	1.0 tsp	28
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	28
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	28
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	28

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	28
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	28
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	28
02005	Spices, caraway seed	2.1	1.0 tsp	28
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	28
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	28
18339	Popovers, dry mix, enriched	28.35	1.0 oz	28
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	28
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	28
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	28
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	28
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	28
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	28
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	28
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	28
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	28
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	28
02007	Spices, celery seed	2.0	1.0 tsp	28
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	28
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	28
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	28
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	28
18245	Danish pastry, cheese	28.35	1.0 oz	28
09165	Litchis, dried	2.5	1.0 fruit	28
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	28
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	28
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	28
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	28
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	28
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	28
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	27
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	27
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	27
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	27
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	27
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	27

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	27
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	27
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	27
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	27
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	27
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	27
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	27
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	27
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	27
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	27
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	27
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	27
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	27
01010	Cheese, cheshire	28.35	1.0 oz	27
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	27
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	27
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	27
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	27
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	27
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	27
07951	Scrapple, pork	17.0	1.0 cubic inch	27
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	27
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	27
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	27
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	27
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	27
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	27
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	27
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	27
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	27
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	26
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	26
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	26
14287	Beverages, Lemonade, powder	18.0	1.0 serving	26
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	26

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	26
11145	Celtuce, raw	8.0	1.0 leaf	26
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	26
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	26
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	26
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	26
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	26
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	26
01008	Cheese, caraway	28.35	1.0 oz	26
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	26
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	26
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	26
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	26
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	26
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	26
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	26
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	26
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	26
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	26
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	26
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	26
25059	Snacks, brown rice chips	9.0	1.0 cake	26
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	26
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	26
18281	Muffins, corn, toaster-type	28.35	1.0 oz	26
01033	Cheese, parmesan, hard	28.35	1.0 oz	26
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	26
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	26
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	26
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	26
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	26
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	26
16137	Hummus, home prepared	15.0	1.0 tablespoon	26
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	26
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	26

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	26
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	26
01039	Cheese, roquefort	28.35	1.0 oz	26
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	26
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	26
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	26
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	26
18243	Croutons, seasoned	14.2	0.5 oz	26
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	26
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	26
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	26
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	26
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	26
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	26
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	26
18147	Cheesecake commercially prepared	28.35	1.0 oz	26
18240	Croissants, apple	28.35	1.0 oz	26
18106	Coffeecake, fruit	28.35	1.0 oz	26
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	26
01179	Sour cream, light	12.0	1.0 tablespoon	25
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	25
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	25
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	25
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	25
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	25
11625	Parsley, freeze-dried	0.4	1.0 tbsp	25
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	25
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	25
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	25
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	25
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	25
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	25
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	25
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	25
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	25

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
02016	Spices, dill seed	2.1	1.0 tsp	25
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	25
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	25
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	25
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	25
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	25
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	25
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	25
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	25
06957	Gravy, brown instant, dry	6.7	1.0 serving	25
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	25
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	25
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	24
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	24
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	24
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	24
01038	Cheese, romano	28.35	1.0 oz	24
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	24
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	24
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	24
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	24
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	24
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	24
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	24
07033	Ham and cheese spread	15.0	1.0 tbsp	24
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	24
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	24
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	24
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	24
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	24
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	24
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	24
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	24
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	24
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	24

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	24
28292	Crackers, multigrain	14.0	4.0 crackers	24
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	24
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	24
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	24
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	24
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	24
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	24
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	24
02021	Spices, ginger, ground	1.8	1.0 tsp	24
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	24
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	24
02026	Spices, onion powder	2.4	1.0 tsp	24
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	24
28274	MURRAY, Honey Graham	31.0	8.0 crackers	24
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	24
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	24
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	24
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	24
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	24
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	24
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	24
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	24
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	24
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	24
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	24
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	23
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	23
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	23
07974	Bacon, turkey, low sodium	15.0	1.0 serving	23
02015	Spices, curry powder	2.0	1.0 tsp	23
19018	Fruit syrup	334.0	1.0 cup	23
21386	BURGER KING, french toast sticks	21.0	1.0 stick	23
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	23
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	23

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	23
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	23
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	23
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	23
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	23
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	23
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	23
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	23
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	23
16122	Soy protein isolate	28.35	1.0 oz	23
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	23
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	23
01023	Cheese, gruyere	28.35	1.0 oz	23
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	23
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	23
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	23
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	23
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	23
02013	Spices, coriander seed	1.8	1.0 tsp	23
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	23
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	23
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	23
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	23
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	23
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	23
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	23
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	23
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	23
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	23
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	23
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	23
07031	Ham salad spread	15.0	1.0 tbsp	22
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	22
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	22
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	22

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	22
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	22
02006	Spices, cardamom	2.0	1.0 tsp, ground	22
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	22
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	22
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	22
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	22
18214	Crackers, cheese, regular	14.2	0.5 oz	22
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	22
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	22
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	22
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	22
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	22
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	22
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	22
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	22
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	22
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	22
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	22
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	22
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	22
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	22
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	22
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	22
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	22
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	22
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	22
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	22
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	22
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	22
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	22
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	22
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	22
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	22
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	22

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	22
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	22
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	22
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	22
18057	Bread, reduced-calorie, white	28.35	1.0 oz	22
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	22
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	21
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	21
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	21
02011	Spices, cloves, ground	2.1	1.0 tsp	21
19137	Toppings, strawberry	42.0	2.0 tbsp	21
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	21
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	21
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	21
18218	Crackers, matzo, egg	14.2	0.5 oz	21
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	21
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	21
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	21
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	21
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	21
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	21
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	21
18222	Crackers, melba toast, wheat	14.2	0.5 oz	21
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	21
18338	Phyllo dough	28.35	1.0 oz	21
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	21
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	21
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	21
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	21
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	21
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	21
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	21
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	21
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	21
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	21

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	21
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	21
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	21
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	21
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	21
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	21
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	21
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	21
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	21
06959	Gravy, instant turkey, dry	6.7	1.0 serving	21
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	20
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	20
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	20
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	20
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	20
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	20
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	20
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	20
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	20
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	20
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	20
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	20
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	20
02033	Spices, poppy seed	2.8	1.0 tsp	20
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	20
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	20
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	20
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	20
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	20
02001	Spices, allspice, ground	1.9	1.0 tsp	20
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	20
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	20
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	20
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	20

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	20
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	20
09079	Cranberries, dried, sweetened	40.0	0.25 cup	20
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	20
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	20
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	20
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	20
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	20
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	20
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	20
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	19
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	19
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	19
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	19
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	19
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	19
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	19
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	19
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	19
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	19
18003	Bagels, egg	28.35	1.0 oz	19
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	19
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	19
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	19
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	19
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	19
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	19
01017	Cheese, cream	14.5	1.0 tbsp	19
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	19
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	19
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	19
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	19
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	19
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	19
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	19
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	19

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	19
11943	Pimento, canned	12.0	1.0 tbsp	19
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	19
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	19
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	19
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	19
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	19
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	19
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	19
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	19
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	19
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	19
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	19
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	19
01125	Egg, yolk, raw, fresh	17.0	1.0 large	19
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	18
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	18
21422	KFC, Popcorn Chicken	6.4	1.0 piece	18
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	18
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	18
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	18
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	18
01041	Cheese, tilsit	28.35	1.0 oz	18
18444	Pie, fried pies, cherry	28.35	1.0 oz	18
18319	Pie, fried pies, fruit	28.35	1.0 oz	18
18445	Pie, fried pies, lemon	28.35	1.0 oz	18
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	18
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	18
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	18
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	18
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	18
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	18
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	18
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	18
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	18
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	18

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	18
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	18
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	18
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	18
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	18
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	18
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	18
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	18
11950	Mushrooms, enoki, raw	5.0	1.0 large	18
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	18
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	18
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	18
02069	Vinegar, balsamic	16.0	1.0 tbsp	18
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	18
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	18
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	18
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	18
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	18
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	18
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	18
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	18
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	18
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	18
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	18
18242	Croutons, plain	14.2	0.5 oz	18
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	18
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	18
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	18
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	18
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	18
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	18
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	18
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	17
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	17
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	17
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	17

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	17
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	17
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	17
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	17
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	17
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	17
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	17
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	17
20133	Rice noodles, dry	57.0	2.0 oz	17
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	17
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	17
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	17
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	17
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	17
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	17
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	17
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	17
20068	Tapioca, pearl, dry	152.0	1.0 cup	17
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	17
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	17
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	16
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	16
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	16
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	16
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	16
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	16
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	16
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	16
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	16
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	16
43146	Eggplant, pickled	136.0	1.0 cup	16
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	16
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	16
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	16
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	16
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	16

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	16
18223	Crackers, milk	14.2	0.5 oz	16
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	16
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	16
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	16
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	16
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	16
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	16
18217	Crackers, matzo, plain	14.2	0.5 oz	16
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	16
06124	Gravy, pork, dry, powder	6.7	1.0 serving	16
06118	Gravy, brown, dry	6.0	1.0 tbsp	16
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	16
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	16
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	16
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	16
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	16
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	16
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	16
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	16
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	16
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	16
01180	Sour cream, fat free	12.0	1.0 tablespoon	15
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	15
19294	Fruit butters, apple	17.0	1.0 tbsp	15
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	15
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	15
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	15
19719	Jams and preserves, apricot	20.0	1.0 tbsp	15
19297	Jams and preserves	20.0	1.0 tbsp	15
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	15
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	15
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	15
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	15
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	15
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	15

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	15
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	15
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	15
18434	Crackers, cheese, low sodium	14.2	0.5 oz	15
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	15
01056	Cream, sour, cultured	12.0	1.0 tbsp	15
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	15
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	15
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	15
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	15
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
11108	Butterbur, canned	124.0	1.0 cup, chopped	15
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	15
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	15
20030	Hominy, canned, white	165.0	1.0 cup	15
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	15
11640	Shallots, freeze-dried	0.9	1.0 tbsp	15
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	15
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	15
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	15
02024	Spices, mustard seed, ground	2.0	1.0 tsp	15
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	15
02039	Spices, savory, ground	1.4	1.0 tsp	15
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	15
43046	Candies, nougat, with almonds	14.0	1.0 piece	15
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	15
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	15
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	15
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	15
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	14
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	14
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	14
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	14
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	14
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	14
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	14

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	14
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	14
20330	Hominy, canned, yellow	160.0	1.0 cup	14
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	14
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	14
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	14
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	14
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	14
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	14
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	14
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	14
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	14
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	14
19419	Snacks, corn cakes	9.0	1.0 cake	14
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	14
20003	Arrowroot flour	128.0	1.0 cup	14
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	14
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	14
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	14
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	14
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	14
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	14
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	14
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	14
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	14
01156	Cheese, goat, hard type	28.35	1.0 oz	14
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	14
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	14
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	14
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	14
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	13
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	13
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	13
02029	Spices, parsley, dried	0.5	1.0 tsp	13
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	13
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	13

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
01072	Dessert topping, pressurized	70.0	1.0 cup	13
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	13
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	13
90480	Syrup, Cane	21.0	1.0 serving	13
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	13
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	13
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	13
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	13
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	13
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	13
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	13
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	13
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	13
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	13
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	13
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	13
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	13
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	13
09216	Orange peel, raw	6.0	1.0 tbsp	13
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	13
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	13
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	13
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	13
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	13
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	12
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	12
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	12
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	12
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	12
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	12
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	12
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	12
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	12
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	12
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	12
02055	Horseradish, prepared	5.0	1.0 tsp	12

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
09129	Grapes, muscadine, raw	6.0	1.0 grape	12
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	12
02037	Spices, saffron	0.7	1.0 tsp	12
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	12
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	12
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	12
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	12
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	12
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	12
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	12
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	12
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	12
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	12
11944	Pickle relish, hot dog	15.0	1.0 tbsp	12
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	12
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	12
18171	Cookies, fortune	28.35	1.0 oz	12
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	12
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	12
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	12
02036	Spices, rosemary, dried	1.2	1.0 tsp	11
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	11
11958	Pickle relish, hamburger	15.0	1.0 tbsp	11
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	11
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	11
19300	Jellies	21.0	1.0 serving 1 tbsp	11
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	11
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	11
02010	Spices, cinnamon, ground	2.6	1.0 tsp	11
09173	Longans, dried	1.7	1.0 fruit	11
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	11
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	11
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	11
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	11
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	11

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
02048	Vinegar, cider	14.9	1.0 tbsp	11
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	11
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	11
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	11
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	11
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	11
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	11
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	11
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	11
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	11
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	10
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	10
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	10
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	10
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	10
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	10
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	10
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	10
02034	Spices, poultry seasoning	1.5	1.0 tsp	10
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	10
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	10
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	10
43212	Bacon bits, meatless	7.0	1.0 tbsp	10
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	10
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	10
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	10
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	10
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	10
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	10
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	10
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	10
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	10
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	10
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	10
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	10

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	10
02066	Spearmint, dried	0.5	1.0 tsp	10
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	10
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	10
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	10
09156	Lemon peel, raw	6.0	1.0 tbsp	10
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	10
11292	Onions, young green, tops only	6.0	1.0 tbsp	10
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	10
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	9
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	9
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	9
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	9
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	9
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	9
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	9
02023	Spices, marjoram, dried	0.6	1.0 tsp	9
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	9
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	9
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	9
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	9
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	9
19858	Candies, sugar-coated almonds	3.5	1.0 piece	9
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	9
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	9
11156	Chives, raw	3.0	1.0 tbsp chopped	9
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	9
05335	Chicken, feet, boiled	28.35	1.0 oz	9
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	9
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	9
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	9
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	9
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	9
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	9
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	9
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	9

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
09172	Longans, raw	3.2	1.0 fruit without refuse	9
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	8
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	8
43483	Millet, puffed	21.0	1.0 cup	8
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	8
06115	Gravy, au jus, dry	3.0	1.0 tsp	8
11216	Ginger root, raw	2.0	1.0 tsp	8
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	8
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	8
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	8
19340	Sugars, maple	3.0	1.0 tsp	8
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	8
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	8
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	8
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	8
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	8
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	8
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	8
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	8
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	8
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	8
02022	Spices, mace, ground	1.7	1.0 tsp	8
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	8
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	8
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	8
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	8
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	8
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	8
02025	Spices, nutmeg, ground	2.2	1.0 tsp	8
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	8
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	8
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	8
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	8
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	8
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	8
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	8

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	8
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	8
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	8
02038	Spices, sage, ground	0.7	1.0 tsp	7
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	7
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	7
19303	Marmalade, orange	20.0	1.0 tbsp	7
11959	Arugula, raw	2.0	1.0 leaf	7
02045	Dill weed, fresh	1.0	5.0 sprigs	7
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	7
02044	Basil, fresh	2.5	5.0 leaves	7
01159	Cheese, goat, soft type	28.35	1.0 oz	7
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	7
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	7
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	7
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	7
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	7
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	7
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	7
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	7
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	7
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	7
20134	Rice noodles, cooked	176.0	1.0 cup	7
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	7
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	7
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	7
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	7
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	7
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	7
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	7
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	6
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	6
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	6

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	6
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	6
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	6
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	6
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	6
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	6
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	6
02050	Vanilla extract	4.2	1.0 tsp	6
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	6
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	6
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	6
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	6
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	6
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	6
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	6
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	6
11615	Chives, freeze-dried	0.2	1.0 tbsp	6
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	6
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	6
02068	Vinegar, red wine	14.9	1.0 tbsp	6
42040	Syrups, grenadine	20.0	1.0 tbsp	6
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	6
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	6
11447	Sesbania flower, raw	3.0	1.0 flower	6
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	6
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	5
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	5
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	5
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	5
19194	Puddings, rice, dry mix	106.0	1.0 package	5
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	5
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	5
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	5
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	5
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	5
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	5

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	5
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	5
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	5
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	5
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	5
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	5
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	5
11984	Epazote, raw	0.8	1.0 tbsp	5
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	5
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	5
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	5
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	5
02049	Thyme, fresh	0.8	1.0 tsp	5
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	5
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	5
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	5
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	5
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	5
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	5
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	5
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	5
02063	Rosemary, fresh	0.7	1.0 tsp	5
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	5
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	5
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	5
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	5
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	5
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	5
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	5
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	5
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	4
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	4
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	4
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	4

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	4
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	4
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	4
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	4
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	4
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	4
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	4
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	4
43114	Vermicelli, made from soy	140.0	1.0 cup	4
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	4
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	4
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	4
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	4
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	4
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	4
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	4
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	4
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	4
19108	Candies, jellybeans	11.0	10.0 small	4
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	4
19334	Sugars, brown	3.0	1.0 tsp unpacked	4
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	4