

Content of Potassium, K in mg in 100 grams of foodsList made by [Know-facts.com](http://know-facts.com)

Food item	mg / 100 g	kcal / 100 g
Leavening agents, cream of tartar	16500	258
Leavening agents, baking powder, low-sodium	10100	97
Parsley, freeze-dried	6300	271
Tea, instant, unsweetened, powder, decaffeinated	6040	315
Tea, instant, unsweetened, powder	6040	315
Spices, chervil, dried	4740	237
Spices, coriander leaf, dried	4466	279
Celery flakes, dried	4388	319
Coffee, instant, regular, powder	3535	241
Coffee, instant, regular, powder, half the caffeine	3535	350
Coffee, instant, decaffeinated, powder	3501	224
Radishes, oriental, dried	3494	271
Tea, instant, unsweetened, lemon-flavored, powder	3453	345
Tomatoes, sun-dried	3427	258
Coffee, instant, with chicory, powder	3395	351
Spices, dill weed, dried	3308	253
Peppers, sweet, red, freeze-dried	3170	314
Peppers, sweet, green, freeze-dried	3170	314
Orange-flavor drink, breakfast type, low calorie, powder	3132	217
Spices, tarragon, dried	3020	295
Chives, freeze-dried	2960	311
Cocoa mix, no sugar added, powder	2702	377
Spices, parsley, dried	2683	292
Spices, basil, dried	2630	233
Soy flour, low-fat, crude protein basis (N x 6.25)	2570	369
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	2568	338
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated	2568	338
Carrot, dehydrated	2540	341
Spices, turmeric, ground	2525	354
Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2518	227
Soy flour, full-fat, raw, crude protein basis (N x 6.25)	2515	434
Soy flour, full-fat, raw	2515	436
Cocoa, dry powder, hi-fat or breakfast, processed with alkali	2509	479
Cocoa, dry powder, unsweetened, processed with alkali	2509	220
Soy meal, defatted, raw, crude protein basis (N x 6.25)	2490	337