

Hispanic Hero Foods

Nutrient Profiles

Potassium

USDA Food Name	Spanish Name	Yield	Weight (g)	Energy (kcal)	Potssm (g)	Potssm (%)
Excellent source						
Sapote or marmalade plum	<i>Sapote</i>	1 item	225.000	279.000	1,021.500	29%
Tanier main root	<i>Yautía madre</i>	1 c	135.000	132.300	807.300	23%
Beans, lima, large, dry	<i>Habas grandes</i>	0.25 c	44.500	150.410	767.180	22%
Plantain	<i>Plátano</i>	1 c	148.000	180.560	738.520	21%
Beet greens	<i>Hojas de remolacha</i>	2.5 c	95.000	20.900	723.900	21%
Good source						
Jerusalem artichoke	<i>Topinambur</i>	1 c	150.000	109.500	643.500	18%
Beans, kidney, red, dry	<i>Frijoles colorados</i>	0.25 c	46.000	155.020	625.140	18%
Pepper, pasilla, dried	<i>Chile</i>	4 items	28.000	96.600	622.160	18 %
Purple passion fruit	<i>Granadilla</i>	0.75 c	236.000	228.920	615.960	18%
Apple, custard	<i>Anona</i>	5 oz	141.748	160.175	541.477	15%
Spinach, chopped, raw	<i>Espinaca</i>	3 c	90.000	20.700	502.200	14%
Mackerel, Spanish, cooked, dry heat	<i>Caballa</i>	3 oz	85.049	134.377	471.172	13%
Breadfruit	<i>Panapen</i>	0.25 item	96.000	98.880	470.400	13%
Snapper, mixed species, cooked, dry heat	<i>Pargo</i>	3 oz	85.049	108.863	443.956	13%

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Potassium (continued)

USDA Food Name	Spanish Name	Yield	Weight (g)	Energy (kcal)	Potssm (g)	Potssm (%)
Good source (continued)						
Soybeans, boiled	<i>Frijoles de soya</i>	0.5 c	86.000	148.780	442.900	13%
Beans, chickpeas, garbanzo or Bengal gram, dry	<i>Garbanzos</i>	0.25 c	50.000	182.000	437.500	13%
Peas, pigeon	<i>Gandules</i>	0.5 c	77.000	104.720	425.040	12%
Banana	<i>Banana</i>	1 item	118.000	105.020	422.440	12%
Pumpkin	<i>Calabaza</i>	1 c	116.000	30.160	394.400	11%
Tamarind	<i>Tamarindo</i>	0.5 c	60.000	143.400	376.800	11%
Beans, black, dry	<i>Frijoles negro</i>	0.13 c	24.250	82.692	359.628	10%
Pork, loin, tenderloin, separable lean and fat, roasted	<i>Carne de cerdo</i>	3 oz	85.049	125.022	356.355	10%
Mango	<i>Mango</i>	1 item	207.000	124.200	347.760	10%
Crab, Dungeness, cooked, moist heat	<i>Cangrejo</i>	3 oz	85.049	93.554	347.000	10%
Potatoes, sweet	<i>Camote</i>	0.75 c	99.750	85.785	336.158	10%
Beans, pinto, dry	<i>Frijoles pintos</i>	0.13 c	24.125	83.714	336.061	10%

Sources:

US Department of Agriculture, Agricultural Research Service. Nutrient Data Laboratory Home Page. USDA Nutrient Database for Standard Reference, Release 26. <https://www.ars.usda.gov/ba/bhnrc/ndl>. 2013. Accessed December 07, 2015.

Ledesma A, Muñoz M, Chávez A. MEXFOODS, Mexican Food Composition Database, Natural Foods—Multimedia Version, W3.x W95 Versions [CD-ROM]. Mexico, DF: National Institute of Nutrition. 1997.