

Potassium-Rich Foods List

Serving-based cheat sheet • mg potassium per common portion • MasalaMonk.com			
Food	Serving	Potassium (mg)	Notes
Beet greens, cooked	1 cup	1309	Fold into dal/soups for an easy boost.
Lima beans (white), cooked	1 cup	955	Great in stews and salads.
Potato, baked with skin	1 medium	≈926	Top with herbs & Greek yogurt.
Yam, cooked	1 cup	911	Batch roast on Sundays for easy bowls.
Acorn squash, cooked	1 cup	896	Roast & toss with chili-lime.
Amaranth leaves, cooked	1 cup	846	Quick sauté with garlic and mustard seeds.
Spinach, cooked	1 cup	839	Stir into omelets, khichdi, pasta.
Breadfruit, cooked	1 cup	808	Starchy staple; great in curries.
Bamboo shoots, raw	1 cup	805	Add crunch to stir-fries.
Water chestnuts	1 cup	724	Texture + potassium in quick sautés.
Salmon, baked	1 small fillet	763	Pairs well with roasted yam.
Spinach, cooked	1/2 cup	591	Half-cup still packs a punch.
Coconut water (unsweetened)	1 cup (240 mL)	≈600	Natural electrolyte option.
Cantaloupe, raw	1 cup	417	Great in breakfast bowls.
Milk, 1%	1 cup	388	Easy add-in for smoothies/porridge.
Pinto beans, cooked	1/2 cup	373	Protein + potassium in one spoon.
Yogurt, low-fat with fruit	6 oz	366	Balance with seeds or nuts.
Banana	1 small	362	Convenient snack; pair with yogurt.
Edamame, boiled	1/2 cup	338	Snack or toss into salads.
Dried apricots	1/2 cup	≈755	Concentrated; portion if limiting potassium.
Potato, baked (medium)	1 potato (173 g)	≈926	Keep the skin on for minerals.
Avocado	1/2 avocado (~1/2 cup)	≈560	Creamy add-in for bowls.
Orange juice	1 cup	≈496	Use in moderation if watching sugars.
Prune juice	1 cup	≈707	Another concentrated option.