Potassium

HumanOS public profile · resource · Record element-k

Element

K · Atomic number 19 [1]

Downstream connections

Arugula, raw · Composition · Documented. USDA reports 369 mg of potassium per 100 g of arugula, raw. This value applies to the reference food. [2]

Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D · Composition · Documented. USDA reports 132 mg of potassium per 100 g of milk, whole, 3.25% milkfat, without added vitamin a and vitamin d. This value applies to the reference food. [3]

Sources

1. IUPAC · periodic table · iupac.org (PDF)
2. USDA Agricultural Research Service · FoodData Central 169387 · fdc.nal.usda.gov
3. USDA Agricultural Research Service · FoodData Central 172217 · fdc.nal.usda.gov