

element	percentage of plant	molar mass (grams/mole)
carbon	45%	12.01
oxygen	45%	16
hydrogen	6%	1.008
nitrogen	1.50%	14.01
potassium	1%	39.1
calcium	0.50%	40.08
magnesium	0.20%	24.31
phosphorous	0.20%	30.97
sulfur	0.10%	32.06
silicon	0.10%	28.09

Sources

Adams, Henry. Lecture slide: Elements in Plants, from Epstein 1972, 1994

American Chemical Society periodic table of elements