

Translations:Culture de pleurotes/8/en

Oyster mushrooms are not among the most nutritious foods, however they are a source of several interesting elements: vitamins B3 (niacin), B2, B5, minerals (copper, phosphorus, potassium, iron, zinc), and oyster mushrooms contain more protein than most vegetables. [Click here](#) for more information on the nutritional values of oyster mushrooms.