

You are here: Home

Baked Tofu Sandwich

05/13/2011 BY KRISTINA.POVING (EDIT)

Ingredients: 1/2 package Smoke and Fire Herb Baked Tofu, sliced 2 slices soft vegan bread your favorite spicy vegan mustard
Mayonaise or your favorite "mayo" tomato slices 1 handful Earthbound Farms baby greens salad blend 1/2 red bell pepper
Directions: Wash the red bell pepper. Cut the pepper in half and discard seeds and stem. [...]

FILED UNDER: UNCATEGORIZED

Portobello Pitas

05/13/2011 BY KRISTINA.POVING (EDIT)

Ingredients: vegan pita bread Fresh Portabello Mushrooms, cut into slices red pepper's onions chopped basil (or vegan pesto)
tomatoes Directions: Lightly cook the mushrooms, red peppers, onions and tomatoes in a pan on medium heat with olive oil.
Once they have gotten a little soft, put the veggies along with the basil in the pita [...]






The score is 54/100







SEO Content

	Title	<p>Min Lekstuga..... - Här leker jag!</p> <p>Length : 35</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Här leker jag!</p> <p>Length : 14</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>												
	Og Meta Properties	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p>												
	Headings	<table border="1"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>5</td> <td>0</td> <td>1</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] Min Lekstuga..... • [H2] Baked Tofu Sandwich • [H2] Portobello Pitas • [H2] Fried Zucchini Sandwich • [H2] Baked Tofu Wrap • [H2] Kickin BBQ Tofu Hoagies • [H4] Categories 	H1	H2	H3	H4	H5	H6	1	5	0	1	0	0
H1	H2	H3	H4	H5	H6									
1	5	0	1	0	0									
	Images	<p>We found 0 images on this web page.</p> <p>Good, most or all of your images have alt attributes</p>												
	Text/HTML Ratio	<p>Ratio : 24%</p>												

SEO Content

		Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Bad. Your links have query string.
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 14 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

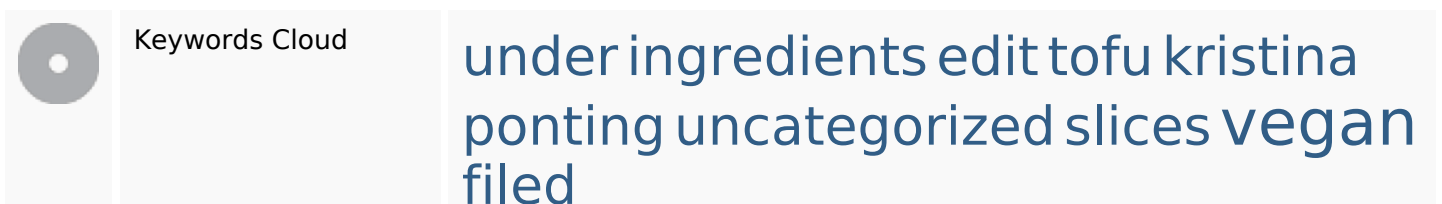
In-page links

Anchor	Type	Juice
Min Lekstuga.....	Internal	Passing Juice
Baked Tofu Sandwich	Internal	Passing Juice
(Edit)	Internal	Passing Juice
Portobello Pitas	Internal	Passing Juice
(Edit)	Internal	Passing Juice
Fried Zucchini Sandwich	Internal	Passing Juice
(Edit)	Internal	Passing Juice
Baked Tofu Wrap	Internal	Passing Juice

In-page links

(Edit)	Internal	Passing Juice
Kickin BBO Tofu Hoagies	Internal	Passing Juice
(Edit)	Internal	Passing Juice
2	Internal	Passing Juice
3	Internal	Passing Juice
160	Internal	Passing Juice

SEO Keywords



Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
vegan	8	✘	✘	✘	✘
ingredients	6	✘	✘	✘	✘
tofu	6	✘	✘	✘	✔
kristina	5	✘	✘	✘	✘
edit	5	✘	✘	✘	✘












Usability

	Url	Domain : bloggligan.com Length : 14
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.

Usability

		
	Dublin Core	This page does not take advantage of Dublin Core.




Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 8 Warnings : 2
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Perfect. No inline css has been found in HTML tags! Great, your website has few CSS files. Perfect, your website has few JavaScript files. Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
--	---------------------	--

Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p>http://bloggligan.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p>