Notes

Cells in red, we have found no data for.

Cells in yellow, were adapted from existing databases

Volume was adjusted all to grams, of total weight, before

Excludes cooking methods' for water and land use.

No Protein (g) was calculated for recipes that were either

Name	Card Number
Lasagna Bolognese	5.2.1.1

Portions	Prep Time	Difficulty
1	2h30	Moderate

Product	Quantity	Unit	Origins	Land use (m2) per kg/FU
Lasagna Noodles	50	g	PT	3,9
Minced beef	80	g	PT	22
Olive oil	10	ml	PT	26,3
Onion	20	g	PT	0,4
Carrot	20	g	PT	0,3

Garlic	5	g	PT	0,4
Canned tomato	50	g	ITA	0,8
Tomato paste	5	g	PT	0,8
Butter	10	g	PT	6,5
Flour	10	g	PT	3,9
Milk semi-skimmed	40	ml	PT	1,5
Nutmeg ground	1	g	CELAC (caribbean)	
Salt	1	g	PT	

Groud Black Pepper	1	g	BR		
Shred mozarella	25	g	ITA		11,5

Total	328	g
Total + cooking		

Portion for 1 person	Portion size (please change portion size in the rosa field
Portion + cooking	200
Animal Protein %	

Method

1- Cook the ground beef. onion and garlic in the olive oil. over medium heat. until well browned.
2- Add the carrots cutted in slices and stir in the canned tomatoes and the tomato paste.
3- Season with salt and pepper. Simmer. covered. for about 1 1/2 hours. stirring occasionally.
4- Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles. and rinse with cold water.
5- Make the bechamel sauce melting the butter in a heavy-bottomed saucepan. Stir in the flour and cook. stirring constantly. until the paste cooks for about 2 minutes.
6- Add the milk. continuing to stir as the sauce thickens. Season with salt. pepper and nutmeg.
7- Preheat the oven 200ºC.
8- To assemble. spread a third of meat sauce in the bottom of a baking dish.

9- Arrange 1 noodles lengthwise over meat sauce. Cover with bechamel sauce and shred mozzarella.
10- Repeat layers. and top with remaining mozzarella.
11- Bake in the preheated oven for 40 minutes or until the cheese became browned.
12- Rest lasagna for 15 minutes before serving.

Reference	Land use (m2) per meal quantity	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal quantity	Reference	Protein (g)
Poore & Nemecek 2018	0,2925	1841	92	Water Calculator	9,22
Nijdal et al 2012	2	15513	1241	Water Calculator	26,3
Poore & Nemecek 2018	0,3945	14400	144	WaterFootprint.Org	0
Poore & Nemecek 2018	0,03	265	5	Water Calculator	1,2
Poore & Nemecek 2018	0,015	204	4	Water Calculator	0,35

CO2 Importance/ Most impact	**CO2 (g/ml) this meal**
	0,060
	2,060
	0,033
	0,004
	0,005

Poore & Nemecek 2018	0,002	265	1	Water Calculator	0,32	0,004
Poore & Nemecek 2018	0,08	204	10	Water Calculator	1,2	0,064
Poore & Nemecek 2018	0,004	204	1	Water Calculator	0,21	0,021
Nijdal et al 2012	0,065	5553	56	Water Calculator	0,1	0,085
Poore & Nemecek 2018	0,0585	1840,70796	18	Water Calculator	1,44	0,006
Nijdal et al 2012	0,06	1066,0793	43	Water Calculator	3,4	0,047
						0,001
						0,001

							0,009
Nijdal et al 2012	0,2875	3185,84071	80	Poore & Nemecek 2018	12,1		0,115
	3		**1695**		**55,84**		2,340
							2,60
below)	2		1034				1,43
							1,58
					75%		
							0,26
							0,12

0,14

Name	Card Number
Codfish Brás Style	5.6.1.1

Portions	Prep Time
1	45 min

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Product	Quantity
1,21		2,15	agribalyse 3.1 (dry pasta, uncooked)	Codfish fillets	60
25,75	BEEF BONE FI	34,14	agribalyse 3.1 (Raw cow meat (15% fat))	Onion	20
3,27		1	agribalyse 3.1 (virgin olive oil)	Garlic	5
0,22		0,39	Agribalyse 3.1 (onion)	Bay leaf	1
0,24		0,37	Agribalyse 3.1 (carrots)	Olive oil	10

0,71

1,27 Agribalyse 3.1 (Tomato, peeled, canned, drained)

1,03

4,14 Agribalyse 3.1 (tomato concentrate canned)

8,48

0,57 Weat flour

1,31 Cow milk

1,18 Skimmed milk

1,19 agribalyse 3.1 (Nutmeg)

0,61 agribalyse 3.1 (Gray sea salt, non-iodized, non-fluoridated)

Potato strips	60
Egg	80
White wine	5
Salt	1
Ground Black Pepper	1
Parsley	1
Black olives	2

Animal Protein %

9,19 Agribalyse 3.1 (Black pepper powder)

4,61 agribalyse 3.1 (cow mozzarella)

Total	246
Total + cooking	

Decide portio

Portion for 1 person	200
Portion + cooking	

Cooking CO2

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intensity DK	Degrees
15	4	1,8	Pan (15 min -	0,207	

Method

45	16	0,67	Oven 45 min	0,207	200C	1- To boil the codfish. put it in a pot with enough water to cover it. bring to a boil. then lower to a simmer for about 15 minutes. Once cooked. discard the water. 2- Using gloves. shred the codfish into smaller pieces by discarding the bones and the skin. 3- In a pan. add the olive oil. sliced onion. minced garlic and bay leaf. Cook until the onion is soft and translucid. 4- Add the codfish to the onions and let it fry. 5- Add the white wine. When the alcohol evaporates. add half the potatoes and fold it all together. Turn off the heat. 6- Meanwhile. beat the egg slightly. and season with salt and pepper. 7- Add the egg to the pot and bring to low heat. stirring constantly in order to cook the eggs while keeping a creamy consistency. 9- Add the other half of the potatoes and mix well to have an even consistency. 10- Serve with parsley and olives on top.

Cooking Data & References			Reference	Saving Advice
Energy intens	207 g		Energistyrelsen	
Pan			Nettopower	
Oven	65L oven: 0,67 kWh/use		Elberegner (65L ovn,	Hager et al. (2013)
Pre-heat time (JSTP tests with 65L oven)				
Oven, 225C: 1	19	Hot air (up/down)		
Oven: 220C: 1	19	Hot air (up/down)		
Oven: 210C: 1	17	Hot air (up/down)		
Oven: 200C: 1	16	Hot air (up/d	Electrolux	

Difficulty
Easy

Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)
g	NO		4	0,24	Nijdal et al 2012	3691	221	Poore & Nemecek 2018	17,6
g	PT		0,4	0,02925	Poore & Nemecek 2018	265	5	Water Calculator	1,2
g	PT		0,4	0,00195	Poore & Nemecek 2018	265	1	Water Calculator	0,32
g	PT			0			0		0,076
ml	PT		26,3	0,39465	Poore & Nemecek 2018	14400	144	WaterFootprint.Org	0

g	PT	0,9	0,066	Poore & Nemecek 2018	301	18	Water Calculator	1,5
g	PT	5,5	0,44	Nijdal et al 2012	3283	263	Water Calculator	12,3
ml	PT	1,8	0,0178	Poore & Nemecek 2018		0	Water Calculator	0,01
g	PT							0
g	BR							0,11
g	PT							0,037
g	PT				3020	6	Water Calculator	0,02

90%

g	**1,19**	**659**	33,173
n size			
	0,97	536	

Name
Scrambled Eggs

Portions
1

CO2 production

[SuEatableLife (users)] [Agribalyse (LCA methodology)]

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Product
	0,102	1,7					Eggs
	0,004	0,22					Salt
	0,004	0,71					Ground Black Pepp
	0,001		0,85				Butter
	0,033	3,27					**Animal Protein**

0,014	0,24			**Total**
0,256	3,20			Total + cooking
0,002	0,44			
0,001	0,61			
0,009	9,19			
0,001		1,09	Agribalyse 3.1 (Fresh parsley)	
0,001	0,64			

0,43

0,55

Method

1- Lightly whisk the eggs.
2- Season with salt and pepper.
3- Heat a small non-stick frying pan and add the butter. let it melt and be careful so the butter doesn't brown.
4- Pour in the egg mixture and carefully stir with a cooking spoon. lifting and folding it over from the

0,35

0,44

0,12	**Cooking CO2 (min/60*kWh*energy intensity DK)**			
0,12	Cooking time			
0,00	15	Pre-heat (mir	Effeckt (kWh)	Cooking type
	0	4	1,8	Pan (cooking time + pre heating)

0	0,67	Oven (cooking time + pre heating)

Energy intens	Degrees
0,207	
0,207	200C

Card Number
1.2.1.1

Prep Time	Difficulty
5 min	Very easy

Quantity	Uni	Origins
100	g	PT
1	g	PT
1	g	BR
10	g	PT

Land use (m2) per kg/FU	Reference	Land use (m2) per meal quantity	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)
5,5	Nijdal et al 20	0,55	3283	328,3	Water Calcula	12,3
		0		0		0
		0		0		0,11
6,5	Nijdal et al 20	0,065	5553	55,53	Water Calcula	0,07

% 99%

112 g

12,48

0,62 **383,83**

Name
Bacon

Portions
1

CO2 production

		SuEatableLife (users)			Agribalyse (LCA methodology)	
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,32	3,20				
	0,001	0,61				
	0,008	8,48				
	0,085	8,48				

Product
Bacon
Total
Total + cookin

0,41
0,47
0,06
0,06

0,00

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
5	4	1,8	Pan (15 min)
0	0	0,67	Oven 45 min + prep (20 min)

Energy intens	Degrees
0,207	
0,207	200C

Method

1- Heat a small r
medium-high he
2- Add the bacon
side. depending
3- Place the bac
absorb excess fa

Card Number
N/A

Prep Time	Difficulty
5 min	Very easy

Quantity	Unit	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
25	g	PT		9,75	0,24375	Nijdal et al 2012	6027	150,675	Water Calculator
25	g								
g					**0**			**151**	

[illegible]

non-stick frying pan over a
at until hot.
n and cook for 2-4 mins on each
on how crispy you like it.
on slices on paper towel to
it.

Name	Card Number
Scrambled Eggs with bacon (3 slices)	1.2.2.1

Portions	Prep Time
1	10 min

Product	Quantity
Eggs	100
Salt	1
Ground Black Peppe	1
Butter	10
Bacon	35

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
	0,100625	4,03				
	0,10					
	0,16					

Total	147
Total + cooking	

Method

1- Lightly whisk the eggs.
2- Season with salt and pepper.
3- Heat a small non-stick frying pan and add the butter. let it melt and be careful so the butter doesn't brown.
4- Pour in the egg mixture and carefully stir with a cooking spoon. lifting and folding it over from the

Cooking CO2 (min/60*kWh*energy intensity DK)

0,06	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,06	5	4	1,8	Pan (15 min)	0,207	

0,00	0	0	0,67 Oven 45 min	0,207 200C

Difficulty
Very easy

Unit	Origins
g	PT
g	PT
g	BR
g	PT
g	PT

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
5,5	0,55	Nijdal et al 2012	3283	328,3	Water Calculator
	0			0	
	0			0	
6,5	0,065	Nijdal et al 2012	5553	55,53	Water Calculator
9,75	0,34125	Nijdal et al 2012	6027	210,945	Water Calculator

CO2 Importance/ Most impact

g			
	0,96	**595**	

Name	
Potato Purée	N/A

Portions	Prep Time	Difficulty
1	45min	Easy

CO2 production

	SuEatableLife (users)	Agribalyse (LCA methodology)			
CO2 (g/ml) this meal	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
0,32	3,20				
0,001	0,61				
0,009	9,19				
0,085	8,48				
0,141	4,03				

Product	Quantity	Unit
Potato	150	g
Butter	20	g
Semi-skimmed Milk	50	g
Salt	1	g
Ground Nutmeg	1	g

0,56	**Totals**
0,62	**Animal Protein %**
0,07	
0,07	

0,00

Total	222 g
Total + cooking	

Portion size

Portion for 1 person	50
Portion + cooking	

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
7	4	1,8	Pan (15 min)

0	0	0,67	Oven 45 min + prep (20 min)

Energy intens	Degrees
0,207	
0,207	200C

Method

1- Put the porridge oats in a saucepan with the milk and the salt.
2- Bring to the boil and simmer for 4-5 minutes. stirring from time to time.

Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)
PT		0,9	0,132	Poore & Nemecek 2018	301	45,1327434	Water Calculator	3
PT		6,5	0,13	Nijdal et al 2012	5553	111,06	Water Calculator	0,14
PT		1,5	0,075	Nijdal et al 2012	1066	53,3039648	Water Calculator	1,7
PT			0			0		0
CELAC (Caribbean)			0			0		0,06

4,9

38%

	0,34	209
	0,34	**209**
	0,08	47
	0,08	47

CO2 production

		SuEatableLife (users)		Agribalyse (LCA methodology)		
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,036	0,24				
	0,170	8,48				
	0,065	1,31				
	0,004	4,14				
	0,001	1,27		1,19	Agibalyse	

0,28	
0,33	
0,06	
0,07	

Cooking CO2 (min/60*kWh*energy intensity DK)

	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
0,06				
0,06	5	4	1,8	Pan (15 min)

0,00	0	0	0,67	Oven 45 min + prep (20 min)

Energy intens	Degrees
0,207	
0,207	200C

Name	Card Number
Guacamole	N/A

Portions	Prep Time	Difficulty
1	15min	Easy

Product	Quantity	Unit	Origins
Avocado	75	g	MX
Red onion	3	g	PT
Tomato	8	g	PT
Cilantro	5	g	PT
Lime	5	g	BR

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
0,9	0,06675	Poore & Nemecek 2018	1168	88
0,4	0,00117	Poore & Nemecek 2018		265
0,8	0,0064	Poore & Nemecek 2018		204
0,9	0,0045	Poore & Nemecek 2018	637	3

Jalapeño	5	g	MX		0,4	0,0019	Poore & Nemecek 2018	372	2
Salt	1	g	PT						
Total	102	g		1,7					
Total + cooking						**0,08072**			**562**

Total (200g)

Total + cooking (200g dish)

Method

1- Slice the avocados in half. remove the pit. and scoop into a mixing bowl.
2- Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3- Remove the tomato and the jalapeño seeds.

4- Chop the tomato. mince the onion. cilantro and jalapeno.
5- Add the remaining ingredients to the avocado and stir together.
6- Season with salt and lime juice and stir together once again.

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

Reference	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
Water Calculator		0,08175	1,09				
Water Calculator							
Water Calculator							
Water Calculator							

Water Calculator

0,001	0,22		0,39	Agribase (Onion, raw)
0,019	2,43	Tomato (G)		
0,005	0,00		0,97	(Agribase, fresh coriander, herbes)
0,001	0,22	Lime		
0,004	0,80	Chilli	1,18	(Agribase, Chilli, raw)
0,001	0,61			

0,11

0,11

	Cooking CO2 (min/60*kWh*energy intensity DK)					
0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,00	0	0	1,8	Pan (15 min)	0,207	
0,00	0	0	0,67	Oven 45 min	0,207	200C

Name	Card Number
Baked Cheesecake	2.2.2.1

Portions	Prep Time	Difficulty
1	2h+ 2h (Cooling Time)	Moderate

Product	Quantity	Unit	Origins
Cream cheese	60	g	BE
Caster sugar	20	g	BR
Cream	15	g	PT
Digestive Cookies	12	g	PT
> Wheat flour	6,72	g	PT

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
11,5	0,69	Nijdal et al 2012	3186	191
2	0,0816	Poore & Nemecek 2018	1782	36
6,5	0,0975	Nijdal et al 2012	5553	83
3,9	0,026208	Poore & Nemecek 2018	3283	22

> Palm oil	2,52	g	PT	2,4	0,006048	Poore & Nemecek 2018	6	0,015
> Wheat bran	0,36	g	PT	3,9	0,001404	Poore & Nemecek 2018	3283	1
> Cane Sugar	2,4	g	PT	2	0,0048	Poore & Nemecek 2018	1782	4
Egg	10	g	PT	5,5	0,055	Nijdal et al 2012	3283	33
Unsalted butter	5	g	PT	6,5	0,0325	Nijdal et al 2012	5553	28
Cornstarch	2	g	PT	2,9	0,00882	Poore & Nemecek 2018	1274	3
Vanilla extract	1	ml	MG					

Animal Protein %

Total	137	1	401
Total + cooking		**1**	**401**
	Portion size		
Portion for 1 person	50	0,37	146
Portion + cooking		0,37	146

Total	137 g

Method
1- Preheat the oven to 180°C. 2- Crush the cookies in a food processor and add the melted butter. 3- Spread this mixture against the walls and bottom of the mould until a compact and uniform layer is formed. 4- When finished. cover the mould with cling film and take it to the fridge for 1 hour. 5- Using a Mixer with a paddle beat. on low speed. the cream cheese. sugar and cornstarch until smooth.

6- Incorporate the eggs. the vanilla and the cream into the filling.
7- Pour this mixture over the biscuit base.
8- Line the mould with aluminum foil to prevent water infiltration and place the cheesecake in the oven in a water bath to bake.
9- Bake for 1 hour and 15 minutes or until lightly golden and slightly wobbly.
10- Let it cool on a wire rack until it reaches room temperature and then cool completely as to allow to unmould.

Reference	Protein (g)
Water Calculator	5,65
WaterFootprint.Org	0
Water Calculator	0,63
	1,55
Water Calculator	

CO2 production

[SuEatableLife (users)] [Agribalyse (LCA methodology)]

CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,342	5,70	Mascapone			
	0,012	0,62	Cane Sugar			
	0,082	5,45	CREAM			
	0,017	1,39	SIMPLE COOKIES**			
	0,003	0,52	WHEAT PLAIN FLOUR			

Poore & Nemecek 2018		0,006	2,43	PALM OIL		
Water Calculator		0,000			0,33	(Agribase, Bran)
WaterFootprint.Org		0,001	0,6237			
Water Calculator	1,6	0,032	3,20			
Water Calculator	0,016	0,042	8,48	Butter		
Water Calculator	0,012	0,002	1,36	CORN CANNED	1,08	Agribalyse, Cornstarch)
		0,004	4,30	Vanilla		
	83%			**Alternative ingredients**		

1,62 Soy cream

9,458

0,55

0,81

0,20

0,30

Cooking CO2 (min/60*kWh*energy intensity DK)

		Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
	0,26				
Melt butter	0,05	4	4	1,8	Pan (15 min)
Bake	0,21	15	75	0,67	Oven 45 min + prep (20 mi

Mix	0,01	4	0,5	Mixer

Energy intens
0,207
0,207

Name	Card Number
Tiramissú	2.2.1.1

Portions	Prep Time	Difficulty
1	30 min+ 3h (Cooling Time)	Easy

Product	Quantity	Unit	Origins
Mascarpone Cheese	60	g	IT
Cream	60	g	PT
Caster Sugar	20	g	PT
Marsala wine	5	ml	IT
Vanilla essence	1	ml	MG

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)
11,5	0,69	Nijdal et al 2012	3186
6,5	0,39	Nijdal et al 2012	5553
2	0,0612	Poore & Nemecek 2018	1782
1,8	0,02492	Poore & Nemecek 2018	581

Egg yolk	15	g	PT		5,5	0,0825	Nijdal et al 2012	3283
Instant Coffee	50	g	BR		21,6	2	Poore & Nemecek 2018	3283
Champagne cookies/ la r	50	g	PT					
> Cane sugar	15	g	PT		2	0,0612	Poore & Nemecek 2018	1782
> Wheat	15	g	PT		3,9	0,0585	Poore & Nemecek 2018	3283
> Eggs	20	g	PT		5,5	0,11	Nijdal et al 2012	3283
Cocoa powder	1	g	BR		69	0,06896	Poore & Nemecek 2018	17283

Animal Protein %

Total	312	**3**
Total + cooking		

Define portion size

Portion for 1 person	50
Portion + cooking	

ר)

Total	312 g

Method
1- Put the marscarpone cheese. cream. 2/3 of sugar. 1/2 of the Marsala wine. vanilla and egg yolk in the

Degrees

200C

mixer and beat until you get a creamy mixture.
2- Mix the coffee with the remaining sugar and Marsala wine.
3- Lightly soak the sticks in the coffee mixture.
4- Place a layer of the cream mixture at the base of a deep dish. then place the hydrated biscuits. and so on. finishing with a layer of cream.
5- Place in the fridge for at least 3 hours. sprinkle with cocoa powder before serving

Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)
191,2	Water Calculator	3,6
333,2	Water Calculator	1,62
35,6	WaterFootprint.Org	0
2,9	Water Calculator	0
		0,001

CO2 production

		SuEatableLife (users)			Agribalyse (LCA methodology)	
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,342	5,70				
	0,327	5,45				
	0,0124734	0,62	Cane Sugar			
	0,004365	0,87	Red Wine			
	0,0043	4,30	vanilla			

49,2	Water Calculator	2,34	0,048	3,20 Egg		
164,2	Water Calculator	0,07	0,25646429	5,13 Coffee ground		
		4,25	0,062	0,00	1,23	(Agribase, cha
26,7	WaterFootprint.Org		0,00935505	0,62 Cane Sugar		
49	Water Calculator		0,0078	0,52 Wheat flour		
65,7	Water Calculator		0,064	3,20 Egg		
17,3	Water Calculator	0,2	0,027	6,60 Chocolate	26,69	Agribalyse (Co
		98%				

935	12,081	1,16
		2,32
		0,19
		0,37

		Cooking CO2 (min/60*kWh*energy intensity DK)			
	1,15	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
	0,00	0	0	1,8	Pan (15 min)
	0,00	0	0	0,67	Oven 45 min
Mix	0,00	0		0,5	Mixer
Fridge	1,15	1440		0,232	Fridge

Name	Name
Toast + Scrambled Eggs with bacon	1.2.3.1

Portions	Prep Time	Difficulty
1	10 min	Very easy

Product	Quantity	Unit	Origins	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Eggs	112	g	PT	5,5	0,616	Nijdal et al 2012
Salt	1	g	PT			
Ground Black Pepper	1	g	BR			
Butter	10	g	PT	6,5	0,065	Nijdal et al 2012
Bacon	25	g	PT	9,75	0,24375	Nijdal et al 2012

Toast	30	g	PT		3,9	0,117	Poore & Nemecek 2018

Animal Protein %

ampagne)

Total	179	g	
Total + cooking			**1,04**

ocoa, unsweetened, soluble powder)

Energy intensity DK

0,207	
0,207	Degrees
0,207	
0,207	200C

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)
3283	367,696	Water Calculator	12,3
			0
			0,11
5553	55,53	Water Calculator	0,07
6027	150,675	Water Calculator	1,5

CO2 production

		SuEatableLife (users)		Agribalyse (LCA methodolo
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**
	0,3584	3,20			
	0,00061	0,61			
	0,00919	9,19			
	0,0848	8,48			
	0,100625	4,03			

1841	55,2212389	Water Calculator	2,4	0,0372	1,24
			85%		
			16,38	0,59	
	629			**0,65**	

	0,06
Pan	0,06
Oven	0,00
Fridge	0,00

Mix	0,00

Toaster	0,01

Cooking CO2 (min/60*kWh*energy inte		
Cooking time	Pre-heat (mir	Effeckt (kWh)
5	4	1,8
0	0	0,67
0		0,232
0		0,5
2		1

gy)

Link to Reference 2

Name	Card Number
Apple	2.3.1.1

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Apple	125	g	PT	0,6	0,075	Poore & Nemecek 2018
Total	125	g				
Total + cooking					**0,08**	

(Agribase, Whole wheat toast)

nsity DK)

Cooking type		
Pan (15 min)	Energy intens	Degrees
Oven 45 min	0,207	
Fridge	0,207	200C
Mixer	0,207	
Toaster		
	0,207	

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
841	105,088496	Water Calculator

105

CO2 production

[SuEatableLife (users)](#) [Agribalyse (LCA methodology)](#)

CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,0317375		0,25	Apple		
	0,03					
	0,03					

Cooking CO2 (min/60*kWh*energy intensity DK)

0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
0,00	0	0	1,8	Pan (15 min)
0,00	0	0	0,67	Oven 45 min

Name	Card Number
Coca-Cola	7.7.1.1

Portions	Prep Time	Difficulty
1		

Product	Quantity	Unit	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Cola	330	ml	PT		1,48	0,4884	Environment

Total	330	g	0,49
Total + cooking			**0,49**

+ prep (20 min)

Energy intens	Degrees
0,207	
0,207	200C

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
432	142,46696	Water Calculator
	142,47	
	142	

CO2 production

		SuEatableLife (users)		Agribalyse (LCA methodology)		
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,1683				0,51	Agribase (cola
					0,51	Agribase (Cola
	0,17					
	0,17					

Cooking CO2 (min/60*kWh*energy intensity DK)

0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
0,00	0	0	1,8	Pan (15 min)
0,00	0	0	0,67	Oven 45 min

Name	Card Number
Toast	1.3.1.1

Portions	Prep Time	Difficulty
1		

a with sugar)

a, sweetened, with sweeten

Product	Quantity	Unit	Origins	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)
Bread	30	g	PT	3,9	0,117	Poore & Nemecek 2018	1841
Total	30	g			0,12		
					0,12		

+ prep (20 min)

Energy intens	Degrees
0,207	
0,207	200C

Water Use (Stress-Weighted) (L/FU) per meal	Reference
55,2212389	Water Calculator

55,22

55

CO2 production

CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)** [SuEatableLife (users)]	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)** [Agribalyse (LCA methodology)]	Link to Reference 2
	0,0372				1,24	(Agribase, Whole wheat toa

0,04
0,04

	Cooking CO2 (min/60*kWh*energy intensity DK)				
0,01	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens
0,00	0	0	1,8	Pan (15 min)	0,207
0,00	0	0	0,67	Oven 45 min	0,207
0,00					0,207
0,00					0,207
0,01	2	0	1	Toaster	0,207

Name	Name
Green Salad	5.10.1.1

ast)

Product (ingredient)	Quantity	Unit	Origins	Quality	Importance	Land use (m2) per kg/FU	Land use (m2) per meal quantity
Lettuce	100	g	PT	High	High	0,4	0,04
Olive oil	10	ml	PT	High	Average	26,3	0,263
Apple cider vinegar	20	ml	PT	Average	Average		
Dijon mustard	5	g	FR	Average	Average		
Salt	1	g	PT	Below average	Below average		

Ground Black Pepper	1	g	BR	Low	Low			
Total	137						**0,30**	
Total + cooking								

Degrees

200C

Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)
Poore & Nemecek 2018	237	23,7	Water Calculator	0
Poore & Nemecek 2018	14400	144	Water Footprint	0
				0
				0,3
				0

CO2 productio

SuEatableLife (users)

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)
	0,267	2,67	
	0,033	3,27	
	0,018		
	0,009		
	0,001	0,61	

				0,11

0,009 9,19

168 **0,41**

0,34

0,34

0,00
0,00
0,00

Cooking CO2

Cooking time

0

0

Name	Card Number
Omelete	3.2.1.1

n

[Agribalyse (LCA methodology)]

Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Transport CO2
	1	agribalyse 3.1 (virgin olive oil)	
	0,92	(Agribase, vinegar cider)	
	1,82	Agribase, Mustard	

Product (ingredient)	Quantity	Unit	Origins	Quality	Importance
Eggs	100	g	PT	High	High
Salt	1	g	PT	Below average	Below average
Ground Black Pepper	1	g	BR	Average	Below average
Olive oil	15	ml	PT	Average	Below average
Grated mozzarella cheese	50	g	IT	High	High

Totals

Animal Protein %

(min/60*kWh*energy intensity DK)

Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0	1,8	Pan (15 min)	0,207	
0	0,67	Oven 45 min	0,207	200C

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)		CO2 Importance/ Most impact
5,5	0,55	Nijdal et al 2012	3283	328,3	Water Calculator	12,3		
						0		
						0,11		
26,3	0,3945	Poore & Nemecek 2018	14400	216	Water Footprint	0		
11,5	0,575	Nijdal et al 2012	3186	159	Poore & Nemecek 2018	12,1		

1,52	**704**	**24,51**
		100%

Name	Name
Orange juice (fresh)	7.4.1.1

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2 (g/ml) this meal	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
0,320	3,20		0	0
#REF!				
0,001	0,61			
0,009	9,19			
0,049	3,27			

Product (ingredient)	Quantity	Unit
Orange	200	g
Total	200	
Total + cooking		

0,410	8,2
#REF!	
#REF!	

0,12
0,12
0,00

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
15	4	1,8	Pan (15 min)	0,207	
0	0	0,67	Oven 45 min	0,207	200C

Cooking Data & References				REF	Saving Advice
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen	
Pan				Nettopower	Hager et al. (2013)
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C: :	19		Hot air (up/down)		
Oven: 220C: :	19		Hot air (up/down)		
Oven: 210C: :	17		Hot air (up/down)		

Oven: 200C: 1	16	15	Up/down	Electrolux

Origins	Quality	Importance

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
0,9	0,18	Poore & Nemecek 2018		637	Water Calculator

0,18 **637**

Corn Flakes with Cow Milk

CO2 production

SuEatableLife (users) | Agribalyse (LCA methodology)

CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,060	0,30		0,63	Agribase (Orange, pulp, raw)

Product (ingredient
Corn Flakes
Skimmed Milk

0,060	**Total**
0,06	**Total + cooking**

Cooking CO2 (min/60*kWh*energy intensity DK)

	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,00						
0,00	0	0	1,8	Pan (15 min)	0,207	
0,00	0	0	0,67	Oven 45 min	0,207	200C
0,000	0	0	0,5	Mixer	0,207	
0,003	1,5		0,5	Fruit pressor	0,207	

Cooking Data & References			REF	Saving Advice
Energy intens	207 g	CO2 Emissions per kWh Ele	Energistyrelsen	
Pan			Nettopower	Hager et al. (2013)

Oven	65L oven: 0,67 kWh/use			[Elberegner (65L ovn, 0-5år, A+)]
Pre-heat time (JSTP tests with 65L oven)				
Oven, 225C: :	19		Hot air (up/down)	
Oven: 220C: :	19		Hot air (up/down)	
Oven: 210C: :	17		Hot air (up/down)	
Oven: 200C: :	16	15	Up/down	[Electrolux]

Quantity	Unit	Origins	Quality	Importance
30	g			
150	g			

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
2,9	0,087	Poore & Nem	1274	38,2300885
1,5	0,225	Nijdal et al 20	1066	159,911894

180	**0,31**	**198**

g

CO2 production

					SuEatableLife (users)		Agribalyse (LCA methodology)	
Reference	Protein (g)		**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
Water Calcula	4,71			0,079	2,64	Corn Flakes	0	0
Water Calcula	5,4			0,196	1,31	Cow milk		
	10,11							
	53%							

0,275
0,27

Cooking CO2 (min/60*kWh*energy intensity DK)

	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens
0,00					
0,00	0	0	1,8	Pan (15 min)	0,207

0,00	0	0	0,67	Oven 45 min	0,207

Cooking Data & References

Cooking Data & References					REF
Energy intens	207 g		CO2 Emissions per kWh Ele		Energistyrelse
Pan					Nettopower
Oven	65L oven: 0,67 kWh/use				Elberegner (6
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C: 1	19		Hot air (up/down)		
Oven: 220C: 1	19		Hot air (up/down)		
Oven: 210C: 1	17		Hot air (up/down)		
Oven: 200C: 1	16	15	Up/down		Electrolux

Granola with Yoghurt	Prepared via 15 minutes pan frying (could be owen too)

Product (ingredient	Quantity	Unit	Origins	Quality	Importance		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Granola	*30*	*g*	https://www.quaker.pt/produtos-quaker/quaker-crues				0	0	Poore & Nem
Oats	10	g					7,6	0,07296	Poore & Nem
Wheat	6	g					3,9	0,024219	Poore & Nem
Sugar	5	g					2	0,0102	Poore & Nem
Nuts	4	g					13	0,052	Poore & Nem

Oil	5	g					17,7	0,090093	Poore & Nem
Plain yoghurt	125	g					3	0,375	Nijdal et al 20

Total	155	**0,62**
Total + cooking		

ity DK

Degrees

en

200C

5L ovn, 0-5år, A+)

Saving Advice

Hager et al. (2013)

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)
0	0	Water Calcul	2,83636364
2549	24,4672566	Water Calculator	
1841	11,4307965	Water Calculator	
1782	9,0882	Water Footprint	
12035	48,1415929	Water Calculator	

CO2 production

		SuEatableLife (users)		Agribalyse (LCA methodolo	
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,000	0,00		0	0
	0,006	0,67			
	0,004	0,57			
	0,003	0,62			
	0,004	1,11	Hazelnut		

1008	5,13072	Poore & Nemecek 2018		0,009	1,79	RAPESEED OIL
2132	266,5	Water Calcula	5,125	0,211	1,69	YOGURT WHITE
			7,961363636			
			64%			

365		0,238
		0,36

	Cooking CO2 (min/60*kWh*energy inte		
0,12	Cooking time	Pre-heat (mir	Effeckt (kWh)
0,12	15	4	1,8
0,00	0	0	0,67

Cooking Data & References

Energy intens	207 g	CO2 Emission
Pan		
Oven	65L oven: 0,67 kWh/use	
Pre-heat time (JSTP tests with 65L oven)		
Oven, 225C: :	19	
Oven: 220C: :	19	
Oven: 210C: :	17	

Oven: 200C: 1	16	15

Hard boiled egg

gy)

Product (ingredient	Quantity	Unit	Origins	Quality	Importance
Egg	50	g			

Land use (m2) per kg/FU
5,5

Total

Total + cooking

nsity DK)

Cooking type	Energy intens	Degrees
Pan (15 min)	0,207	
Oven 45 min	0,207	200C

	REF	Saving Advice
s per kWh Ele	Energistyrelsen	
	Nettopower	Hager et al. (2013)
	Elberegner (65L ovn, 0-5år, A+)	

Hot air (up/down)
Hot air (up/down)
Hot air (up/down)

Up/down	Electrolux

CO2 productio

SuEatableLife (users)

Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)		**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1
0,275	Nijdal et al 20	3283	164,15	Water Calcula	6,2			0,160	3,20	Eggs**

0,28 164

0,160
0,23

	Cooking CO2
0,07	Cooking time
0,07	8
0,00	0

Cooking Data

Energy intens

Pan

Oven

Pre-heat time

Oven, 225C: 1

Oven: 220C: 1

Oven: 210C: 1

Oven: 200C: 1

Oatmeal with Cow Milk

n

[Agribalyse (LCA methodology)]

CO2/Kg(L)	Link to Reference 2
0	0

Product (ingredient	**Quantity**	**Unit**	**Origins**	**Quality**	**Importance**
Porridge oats	25	g			
Skimmed Milk	160	ml			
Salt	1	g			

Total

Total + cooking

(min/60*kWh*energy intensity DK)

Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
4	1,8	Pan (15 min)	0,207	
0	0,67	Oven 45 min	0,207	200C

& References		REF	Saving Advice
207 g	CO2 Emissions per kWh Ele	Energistyrelsen	
		Nettopower	Hager et al. (2013)
65L oven: 0,67 kWh/use		Elberegner (65L ovn, 0-5år, A+)	
: (JSTP tests with 65L oven)			
19	Hot air (up/down)		
19	Hot air (up/down)		
17	Hot air (up/down)		

16	15 Up/down	Electrolux

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Protein (g)		CO2 Importance/ Most impact	CO2 (g/ml) this meal
7,6	0,19	Poore & Nem	2549	63,725	Water Calcula	12,64			0,017
1,5	0,24	Nijdal et al 20	1066	170,56	Water Calcula	5,76			0,209
						0			0,001
	0,43			**234,29**		**18,4**			
						31%			

0,226
0,23
0,00
0,00

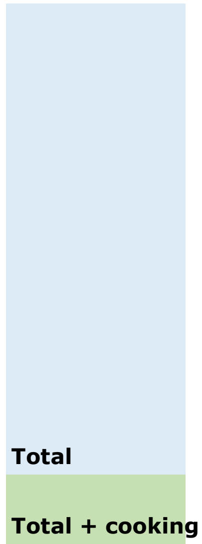
0,00

Oatmeal with Oat Milk

CO2 production

SuEatableLife (users)		Agribalyse (LCA methodology)	
CO2/Kg(L)	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
0,67	GRAIN FLOUR		
1,31	Cow milk		
0,61	Salt		

Product (ingredient	Quantity	Unit	Origins
Porridge oats	25	g	
Oat milk	160	ml	
Salt	1	g	



Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intensity DK
0	0	1,8	Pan (15 min)	0,207

0	0	0,67	Oven 45 min	0,207

Cooking Data & References				REF	Degrees
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen	
Pan				Nettopower	200C
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C: 1	19		Hot air (up/down)		
Oven: 220C: 1	19		Hot air (up/down)		Saving Advice
Oven: 210C: 1	17		Hot air (up/down)		
Oven: 200C: 1	16	15	Up/down	Electrolux	Hager et al. (2013)

Quality	Importance

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference		CO2 Importance/ Most impact
7,6	0,19	Poore & Nem	2549	63,725	Water Calculator		
0,133333333	0,02133333	https://sites.	8	1,28	https://sites.google.com/view/gadis-nan		
	0,21			**65,01**			

Name
Scrambled Tofu

Portions	Prep Time	Difficulty
1	5 min	Very easy

Product	Quantity	Uni
Firm Tofu	100	g
Salt	1	g
Ground Black Pe	1	g
Olive Oil	10	g
Turmeric powde	1	g

CO2 production

	SuEatableLife (users)		Agribalyse (LCA methodology)	
CO2 (g/ml) this meal	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
0,017	0,67	GRAIN FLOUR		
0,106	0,66	RICE MILK		
0,001	0,61	Salt		

0,123	
0,18	

Total		113 g
Total + cooking		
	Define portion size	
Portion for 1 per	50	
Portion + cooking		

Cooking CO2 (min/60*kWh*energy intensity DK)

	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intensity DK
0,06					
0,06	5	4	1,8	Pan (15 min)	0,207

0,00	0	0	0,67	Oven 45 min	0,207

Cooking Data & References				REF	Degrees
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen	
Pan				Nettopower	200C
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C:	19		Hot air (up/down)		
Oven: 220C:	19		Hot air (up/down)		Saving Advice
Oven: 210C:	17		Hot air (up/down)		
Oven: 200C:	16	15	Up/down	Electrolux	Hager et al. (2013)

Origins	Protein (g)	Land use (m2) per kg/FU	Reference	Land use (m2) per meal quantity	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	CO2 Importance/ Most impact	CO2 (g/ml) this meal
PT		2,5	Nijdal et al 20	0,25	2549	254,867257	Water Calculator		0,227
PT				0		0			0,001
BR				0		0			0,009
PT		26,3	Nijdal et al 20	0,263	14400	144	Water Calculator		0,033
				0		0			0,00815

8	0
	0
	0
	0
	0
	0
	0
	0

	0	
	0	
		0,278
0,51	**398,87**	**0,40**
		0,12
		0,18
		0,12
		0,12

0,00

Name
Chocolate Brownie

Portions	Prep Time	Difficulty

CO2 production

[SuEatableLife (users)] [Agribalyse (LCA methodology)]

CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Product	Quantity	Uni	Origins
2,27				Eggs	25	g	
0,61				Butter at room temperatu	25	g	
9,19				Cocoa powder	10	g	
3,27				Caster sugar	15	g	
0,00		8,15	Agribalyse, Turmeric Powder)	Flour	15	g	

Total	90 g
Total + cooking	

	Portion size
Portion for 1 person	
Portion + cooking	50

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intensity DK
15	4	1,8	Pan (15 min)	0,207

0	0	0,67	Oven 45 min	0,207

Cooking Data & References					REF	Degrees
Energy intens	207 g		CO2 Emissions per kWh Ele		Energistyrelsen	
Pan					Nettopower	200C
Oven	65L oven: 0,67 kWh/use				Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)						
Oven, 225C: 1	19			Hot air (up/down)		
Oven: 220C: 1	19			Hot air (up/down)		Saving Advice
Oven: 210C: 1	17			Hot air (up/down)		
Oven: 200C: 1	16		15	Up/down	Electrolux	Hager et al. (2013)

C

SuEatableLife

Protein (g)	Land use (m2) per kg/FU	Reference	Land use (m2) per meal quantity	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**
6,15	5,5	Nijdal et al 2(	0,1375	3283	82,079646	Water Calculator		0,080	3,20
0,35	6,5	Nijdal et al 2(	0,1625	5553	138,825	Water Calculator		0,212	8,48
3,42	69	Poore & Nem	0,69	17283	172,8	Water Calculator		0,267	
0	2	Poore & Nem	0,03	1782	26,7	Water Footprint		0,009	0,62
3,36	3,9	Poore & Nem	0,0585	1841	27,6106195	Water Calculator		0,008	0,52

13,28	0
49%	0
	0
	0
	0
	0
	0
	0

	0	
	0	
		0,576
1,08	**448,08**	**0,74**
		0,32
		0,41
		0,16
		0,06

0,09

Mix	0,01

O2 production

(users) Agribalyse (LCA methodology)

Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
EGGS*		
YEAST DRIED*		
	26,69	Agribalyse (Cocoa, unsweetened, soluble powder)
OIL		
GRAIN FLOUR		

Name
Banana

Portions	**Prep Time**	**Difficulty**
1		

Product	**Quantity**	**Uni**	**Origins**	
Banana	105	g	PT	

Total	105 g

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intensity DK
5	4	1,8	Pan (15 min)	0,207

Total
Total + cooking

25	16	0,67	Oven 45 min	0,207

					Total (200g)
4		0,5 Mixer			**Total + cooking (200g dish)**

Cooking Data & References				REF	Degrees
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen	
Pan				Nettopower	200C
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C: 1	19		Hot air (up/down)		
Oven: 220C: 1	19		Hot air (up/down)		Saving Advice
Oven: 210C: 1	17		Hot air (up/down)		
Oven: 200C: 1	16	15	Up/down	Electrolux	Hager et al. (2013)

CO2 productio

SuEatableLife (users)

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1
1,9	0,1995	Poore & Nem	805	84,5575221	Water Calculator		0,086	0,82	

0,20	**85**	0,086
		0,09

	Cooking CO2
0,00	Cooking time
0,00	0
0,00	0

Cooking Data

Energy intens

Pan

Oven

Pre-heat time

Oven, 225C: 1

Oven: 220C: 1

Oven: 210C: 1

Oven: 200C: 1

Name
Black bread

Portions	Prep Time	Difficulty
1		

n

Agribalyse (LCA methodology)

CO2/Kg(L)	Link to Reference 2
0	0

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU
Rye bread	45	g			3,9

Total	45 g
Total + cooking	

(min/60*kWh*energy intensity DK)

Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0	1,8	Pan (15 min)	0,207	
0	0,67	Oven 45 min	0,207	200C

& References		REF	Saving Advice
207 g	CO2 Emissions per kWh Ele	Energistyrelsen	
		Nettopower	Hager et al. (2013)
65L oven: 0,67 kWh/use		Elberegner (65L ovn, 0-5år, A+)	
: (JSTP tests with 65L oven)			
19	Hot air (up/down)		
19	Hot air (up/down)		
17	Hot air (up/down)		

16	15 Up/down	Electrolux

Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
0,1755	Poore & Nem	1841	82,8318584	Water Calculator

CO2 production

SuEatableLife (users) Agribalyse (LC

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)
	0,030	0,00		0,67

Alternative ingredients

MAIZE	0,48

MILLET	0,86
OAT	0,67
QUINOA	0,97
RYE	0,38
SORGHUM	0,88
WHEAT	0,57

0,18	**83**	0,030
		0,12
		0,030 If homebaked bread

		Cooking CO2 (min/60*kWh	
0,09		Cooking time	Pre-heat (mir
0,00		0	0
0,09		20	20

Cooking Data & References

Energy intens	207 g
Pan	
Oven	65L oven: 0,6
Pre-heat time (JSTP tests w	
Oven, 225C: 1	19
Oven: 220C: 1	19
Oven: 210C: 1	17

Oven: 200C: 1 16

Name
Raw bite - Cacao

Portions	Prep Time	Difficulty
1		

CA methodology)

Link to Reference 2	Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity
Agribalyse, Rye bread and wheat	*Raw bite - Cacao*	*50*	*g*				0
	Raisins/dates	27	g			0,9	0,0243
	Nuts	18	g			13	0,234
	Cocoa	5	g			69	0,345

Total	50 g	**0,60**
Total + cooking		

ı*energy intensity DK)

Effeckt (kWh)	Cooking type	Energy intens	Degrees
1,8	Pan (15 min)	0,207	
0,67	Oven 45 min	0,207	200C
if baked at home			

s		REF	Saving Advice
CO2 Emissions per kWh Ele		Energistyrelsen	
		Nettopower	Hager et al. (2013)
7 kWh/use		Elberegner (65L ovn, 0-5år, A+)	
ith 65L oven)			
	Hot air (up/down)		
	Hot air (up/down)		
	Hot air (up/down)		

15	Up/down	Electrolux

CO2 production

SuEatableLife (users)

Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Peterson	**CO2/Kg(L) Agribalyse**	**CO2/Kg(L)**
		0			0,000	0,00		0	0
Poore & Nem	154	4,158	Poore & Nemecek 2018		0,022	0,81	Raisins (1/2)		0,60
Poore & Nem	12035	216,637168	Water Calculator		0,024	1,88	Almonds (1/2)		1,11
Poore & Nem	17283	86,4159292	Water Calculator		0,133			26,69	Agribalyse (Co

307	0,180
	0,18

	Cooking CO2 (min/60*kWh*energy inter		
0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)
0,00	0	0	1,8
0,00	0	0	0,67

Cooking Data & References

Energy intens	207 g	CO2 Emission
Pan		
Oven	65L oven: 0,67 kWh/use	
Pre-heat time (JSTP tests with 65L oven)		
Oven, 225C: :	19	
Oven: 220C: :	19	
Oven: 210C: :	17	

Oven: 200C: 1	16	15

Name
Raw bite - Protein

Portions	Prep Time	Difficulty
1		

	Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Peterson								
	Raw bite - Prote	*50*	*g*				0	
Dates (1/2)	Raisins/dates	23,5	g			0,9	0,02115	Poore & Nem
Hazelnuts (1/2)	Nuts	19,15	g			13	0,24895	Poore & Nem
ɔcoa, unsweetened, soluble powder)	Rice protein pow	5	g			8,4	0,042	Poore & Nem

Cocoa	2,35 g	69	0,16215	Poore & Nem

Total		
Total + cookin	50 g	**0,47**

nsity DK)

Cooking type	Energy intens	Degrees
Pan (15 min)	0,207	
Oven 45 min	0,207	200C

	REF	Saving Advice
s per kWh Ele	Energistyrelsen	
	Nettopower	Hager et al. (2013)
	Elberegner (65L ovn, 0-5år, A+)	

Hot air (up/down)
Hot air (up/down)
Hot air (up/down)

Up/down	Electrolux

CO2 production

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2	
					[SuEatableLife (users)](#)		[Agribalyse (LCA methodology)](#)		
	0			0,000	0,00		0	0	
154	3,619	Poore & Nemecek 2018		0,019	0,81	Raisins (1/2)		0,60	Dates (1/2)
12035	230,47025	Water Calculator		0,026	1,88	Almonds (1/2)		1,11	Hazelnuts (1/
7327	36,6371681	Water Calculator		0,133			26,69	Agribalyse (Cocoa, unsweet	

17283	40,61505	Water Calculator		0,063		26,69	Agribalyse (Cocoa, unsweet

	0,241
311	**0,24**

Cooking CO2 (min/60*kWh*energy intensity DK)

0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
0,00	0	0	1,8	Pan (15 min)
0,00	0	0	0,67	Oven 45 min

Cooking Data & References

Energy intens	207 g	CO2 Emissions per kWh Ele	
Pan			
Oven	65L oven: 0,67 kWh/use		
Pre-heat time (JSTP tests with 65L oven)			
Oven, 225C: :	19		Hot air (up/do
Oven: 220C: :	19		Hot air (up/do
Oven: 210C: :	17		Hot air (up/do

Oven: 200C: 1	16	15	Up/down

Name
Dark Chocolate (Lindt)

Alternative homemade version

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)
Cocoa	25	g			69	1,725	Poore & Nem	17283
Sugar	25							

2)

:ened, soluble powder)

:ened, soluble powder)

Total		
Total + cookin	50 g	**1,73**

Energy intens	Degrees
0,207	
0,207	200C

REF	Saving Advice
Energistyrelsen	
Nettopower	Hager et al. (2013)
Elberegner (65L ovn, 0-5år, A+)	

ɔwn)
ɔwn)
ɔwn)

Electrolux

CO2 production

SuEatableLife (users) | Agribalyse (LCA methodology)

Water Use (Stress-Weighted) (L/FU) per meal	Reference		**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
432,075	Water Calculator			0,667			26,69	Agribalyse (Cocoa, unsweetened, soluble
				0,016	0,62	CANE SUGAR		
				Alternative estimates				
		0,06775	0,06775		2,71	DARK CHOCOLATE		
		0,09	0,09		3,60	MILK CHOCOLATE		

	0,683
432	**0,80**

	0,12
Pan	0,12
Oven	0,00

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens
15	4	1,8	Pan (15 min)	0,207
0	0	0,67	Oven 45 min	0,207

Cooking Data & References

				REF
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelse
Pan				Nettopower
Oven	65L oven: 0,67 kWh/use			Elberegner (6
Pre-heat time (JSTP tests with 65L oven)				
Oven, 225C: :	19		Hot air (up/down)	
Oven: 220C: :	19		Hot air (up/down)	
Oven: 210C: :	17		Hot air (up/down)	

Oven: 200C: 1	16	15	Up/down	Electrolux

Name
Milk Chocolate (Lindt)

Alternative homemade version

Portions	Prep Time	Difficulty
1		

powder)

Product	Quantity	Uni	Origins	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
Milk Chocolate (Lindt)	*50*	*g*	*https://www.lindt.co.uk/lindt-classic-reci*		0	Poore & Nemecek 2018		0
Sugar	25			2	0,05	Poore & Nem	1782	44,55
Cocoa	15			69	1,035	Poore & Nem	17283	259,245
Milk	10			1,5	0,015	Poore & Nem	1066	10,660793

1,10	**314,46**

Total
Total + cooking

Degrees

200C

Saving Advice

en

Hager et al. (2013)

5L ovn, 0-5år, A+)

CO2 production

			SuEatableLife (users)		Agribalyse (LCA methodology)	
Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
Water Calculator		0,000	0,00		0	0
Water Calculator		0,016	0,62	CANE SUGAR		
Water Calculator		0,400			26,69	Agribalyse (Cocoa, unsweetened, soluble powder)
Water Calculator		0,013	1,31	COW MILK		

0,429
0,55

Cooking CO2 (min/60*kWh*energy intensity DK)

0,12	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,12	15	4	1,8	Pan (15 min)	0,207	
0,00			0,67	Oven 45 min	0,207	200C

Cooking Data & References

Cooking Data & References			REF	Saving Advice
Energy intens	207 g	CO2 Emissions per kWh Ele	Energistyrelsen	
Pan			Nettopower	Hager et al. (2
Oven	65L oven: 0,67 kWh/use		Elberegner (65L ovn, 0-5år,	
Pre-heat time (JSTP tests with 65L oven)				
Oven, 225C: 1	19	Hot air (up/down)		
Oven: 220C: 1	19	Hot air (up/down)		
Oven: 210C: 1	17	Hot air (up/down)		

Oven: 200C: 1	16	15	Up/down	Electrolux

Name
Popcorn microwave

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Popcorn microwave	*40*	*g*	https://www.continente.pt/produto/pip		0	Poore & Nemecek 2018		0	Water Calcula
Sunflower oil	4			17,7	0,0708	Poore & Nem	1008	4,032	Poore & Nem
Corn	36			2,9	0,1044	Poore & Nem	1274	45,8761062	Water Calcula

40	**0,18**	**49,91**

Total
Total + cooking

Total (20g)

Total + cooking (200g dish)

2013)

A+)

Name
Potato chips

Portions
1

CO2 production

SuEatableLife (users) | Agribalyse (LCA methodology)

	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Product
ıtor			8,48	BUTTER*	0	0	Potato chips
ecek 2018		0,004	0,98	SUNFLOWER OIL			Sunflower oil
ıtor		0,029	1,36	CORN CANNE	0,81	Agribase (Corn, whole, raw)	Potatoes

0,033
0,03

0,17							
0,02							
	Cooking CO2 (min/60*kWh*energy intensity DK)						
0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees	
0,00			1,8	Pan (electr.)	0,207		
0,00			0,67	Oven (electr.)	0,207	200C	
0,0005		5	0,03	Microwave	0,207		Uses approx.

Cooking Data & References				REF	Saving Advice
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen	
Pan				Nettopower	Hager et al. (2013)
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C: 1		19	Hot air (up/down)		
Oven: 220C: 1		19	Hot air (up/down)		
Oven: 210C: 1		17	Hot air (up/down)		

Oven: 200C: 1	16	15	Up/down	Electrolux

Prep Time	Difficulty

Quantity	Uni	Origins	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
28	*g*	https://www.lays.com/products/lays-cla		0	Poore & Nemecek 2018		0	Water Calculator
2,8			17,7	0,04956	Poore & Nem	1008	2,8224	Poore & Nemecek 2018
25,2			0,9	0,02268	Poore & Nem	301	7,58230088	Water Calculator

28	**0,07**	**10,40**

0.03 kWh per time

Name
Peanuts

Portions	Prep Time
1	

Product	Quantity
Peanuts	35

CO2 production

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
			SuEatableLife (users)		Agribalyse (LCA methodology)
				0	0
	0,003	0,98			
	0,006	0,24	POTATO		

Alternative ingredients

0,27 SWEET POTATO

0,009	**Total**
0,13	**Total + cooking**

Cooking CO2 (min/60*kWh*energy intensity DK)

	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,12	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,12	15	4	1,8	Pan (15 min)	0,207	
0,00			0,67	Oven 45 min	0,207	200C

Cooking Data & References				REF		Saving Advice
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen		
Pan				Nettopower	Hager et al. (2013)	
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)		
Pre-heat time (JSTP tests with 65L oven)						
Oven, 225C: 1	19		Hot air (up/down)			
Oven: 220C: 1	19		Hot air (up/down)			
Oven: 210C: 1	17		Hot air (up/down)			

Oven: 200C: 1	16	15	Up/down	Electrolux

Difficulty

Uni	**Origins**		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference		**CO2 Importance/ Most impact**
g			9,1	0,3185	Poore & Nem	3982	139,380531	Water Calculator		

0,32	**139,38**

Name
Ice Cream - stick (magnun classic)

Portions	Prep Time	Difficulty
1		

CO_2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO_2 (g/ml) this meal	CO_2/Kg(L)	Comments, Reference 1	CO_2/Kg(L)	Link to Reference 2
0,029	0,83	PEANUT	0	0

Product	Quantity	Uni
Cocoa	8,5	*85*
Sunflower oil	8,5	
Sugar	34	
Milk	34	

0,029	**Total**
0,15	**Total + cooking**

Cooking CO2 (min/60*kWh*energy intensity DK)

0,12	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,12	15	4	1,8	Pan (electr.)	0,207	
0,00			0,67	Oven (electr.)	0,207	200C
				Microwave		

Cooking Data & References

Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen	
Pan				Nettopower	Hager et al. (2013)
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C: :	19		Hot air (up/down)		
Oven: 220C: :	19		Hot air (up/down)		
Oven: 210C: :	17		Hot air (up/down)		

REF — Saving Advice

Oven: 200C: 1	16	15	Up/down	Electrolux

Origins	% Animal prot	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	CO2 Importance/ Most impact	CO2 (g/ml) this meal
https://www	*1,45*	69	0,5865		17283	146,90708			0,227
	0	17,7	0,15045	Poore & Nem	1008	8,568	Poore & Nemecek 2018		0,008
	0	2	0,068	Poore & Nem	1782	60,588	Water Footprint		0,021
	1,19	1,5	0,051	Poore & Nem	1066	36,246696	Water Calculator		0,044

45%

0,86 **252,31**

0,30

0,36

0,06
0,00
0,00
0,06

Name
Strawberry sorbet

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins
Berry	56,1	*165*	https://www.
Sugar	66		

CO2 production

SuEatableLife (users)		Agribalyse (LCA methodology)	
CO2/Kg(L)	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
2,71	DARK CHOCO	26,69	Agribalyse (Cocoa, unsweetened, soluble powder)
0,98			
0,62			
1,31	COW MILK		

3,57	BUFFALO MILK	
0,42	ALMOND MILK	
0,41	COCONUT MILK	
0,66	RICE MILK	122,1
0,78	SOY MILK	

Total

Total + cooking

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees	Preparation CO2
0	0	1,8	Pan (electr.)	0,207		Cooking the substance
0	0	0,67	Oven (electr.)	0,207	200C	
			Microwave			
Days in freeze	Effect per day				Shared with other items	
7	0,8109589	296	Freezer	0,207	20	
Cooking Data & References				Reference	Saving Advice	
Energy intens	207 g	CO2 Emissions per kWh Ele		Energistyrelsen		
Pan				Nettopower	Hager et al. (2013)	
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)		
Pre-heat time (JSTP tests with 65L oven)						
Oven, 225C: 1	19		Hot air (up/down)			
Oven: 220C: 1	19		Hot air (up/down)			
Oven: 210C: 1	17		Hot air (up/down)			

Oven: 200C: 1	16	15 Up/down	Electrolux

SuEatableLife

	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**
continente.pt	2,4	0,13464	Poore & Nem	841	47,1637168	Water Footprint		0,019	2,88
		0	Poore & Nemecek 2018		0	Poore & Nemecek 2018			
	2	0,132	Poore & Nem	1782	117,612	Water Footprint		0,106	0,62
	0	0	Poore & Nem	0	0	Water Calculator			

STRAWBERRY

0,27 **164,78**

0,125	0,84
0,27	

0,06
0,13
0,15
0,09
0,00
0,00
0,06

CO_2 production

(users)		Agribalyse (LCA methodology)		
	Comments, Reference 1	**CO_2/Kg(L)**	Link to Reference 2	
STRAWBERRY (G)				2,88
CANE SUGAR				

' JUICE (I)

	0,48	Agribase Strawberry, raw
FRUIT IMPORTED	0,55	Agribase Strawberry, raw, out of season

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intensity DK	Degrees
10	4	1,8	Pan (electr.)	0,207	
0	0	0,67	Oven (electr.)	0,207	200C
			Microwave	0,207	
	Days in freezer				
	7	0,8109589	Freezer	0,207	Shared with 20 other items

Cooking Data & References				REF	Saving Advice
Energy intensity	207 g	CO2 Emissions per kWh Ele		Energistyrelsen	
Pan				Nettopower	Hager et al. (2013)
Oven	65L oven: 0,67 kWh/use			Elberegner (65L ovn, 0-5år, A+)	
Pre-heat time (JSTP tests with 65L oven)					
Oven, 225C: 19 min	19		Hot air (up/down)		
Oven: 220C: 19 min	19		Hot air (up/down)		
Oven: 210C: 17 min	17		Hot air (up/down)		

Oven: 200C: 17 min	16	15	Up/down	Electrolux
300L Kummefryser (0-5 år)		296	kwh/year	

Name
Strawberry ice cream

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Milk	75	*150*	https://www.sainsburys.co	2	0,15	Poore & Nem	1782	133,65	Water Footpr
Strawberry	40,5			2,4	0,0972	Poore & Nem	841	34,0605	Water Footpr
Sugar	34,5			2	0,069	Poore & Nem	1782	61,479	Water Footpr

150	**0,32**	**229,19**

CO2 production

[SuEatableLife (users)](#) [Agribalyse (LCA methodology)](#)

	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
int		0,097875	1,31	COW MILK			
int		0,1168258	2,88	STRAWBERRY (G)			
int		0,02151662	0,62	CANE SUGAR			

0,24
0,29

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,06	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer	0,207	
Toaster	0,00	0		1	Toaster	0,207	
Freezer (2 h)	0,06			0,232	Frezzer	0,207	

Name
Espresso

Homemade on stove. Prep time: 5 minutes (coffee)

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins
Coffee	25	*ml*	

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
21,6	0,54	Poore & Nem	1101	27,525	Water Calcula

25	**0,54**	**27,53**

CO2 production

			SuEatableLife (users)		Agribalyse (LCA methodology)		
	CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
ator		0,12823214	5,13	COFFEE GROUND			

0,13
0,18

Based on home espresso can via the stove

Cooking CO2 (min/60*kWh*energy intensity DK)

		0,06	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Coffee (stove)	Pan	0,06	5	4	1,8	Pan (15 min)	0,207	
	Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
	Fridge	0,00	0		0,232	Fridge	0,207	
	Mix	0,00	0		0,5	Mixer		
	Toaster	0,00	0		1	Toaster	0,207	

Name
Capuccino

Prep time: 3 minutes (milk) + 5 minutes (coffee)

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Milk	70	*ml*			2	0,14	Poore & Nem	1782	124,74	Water Footpr
Coffee	130				21,6	2,808	Poore & Nem	1101	143,13	Water Calcula

200	**2,95**	**267,87**

			CO2 production				
			SuEatableLife (users)		Agribalyse (LCA methodology)		
	CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
int		0,09135	1,31	COW MILK			
tor		0,66680714	5,13	COFFEE GROUND			

0,76
0,83

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,07	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,07	8	4	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Name
Beer

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Beer	330	*ml*			1,1	0,363	Poore & Nem	637	210,265487	Water Calcula

330	**0,36**	**210,27**

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
ator		0,316965	0,96	BEER IN GLASS			
				Similar choices			
	0,175098		0,53	BEER MODULAR CAN			
	0,22869		0,69	BEER IN CAN			

Used estimates

non-alcoholic beer	0,3696	1,12	Agribalyse, Alcohol-free beer (<1.2% alco
Normal alcoholic beer	0,3696	1,12	Agribalyse, “Heart of the market” beer (4

0,32
0,32

		Cooking CO2 (min/60*kWh*energy intensity DK)					
	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Name
Red wine

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
Wine	150	*ml*			1,8	0,27	Poore & Nem	581	87,2246696

hol)

-5° alcohol)

0,04

0,02

0,03

150	**0,27**	**87,22**

CO2 production

			[SuEatableLife (users)](#)			[Agribalyse (LCA methodology)](#)	
Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
Water Calculator		0,13095	0,87	WINE RED			
				Used estimate			
	0,1785					1,19	Agribalyse, Rose wine
	Similar choices						
	0,1845					1,23	Agribalyse, Sparkling white wine

0,0206	1,03	Agribalyse, Wine brandy, Armagnac type, cognac
0,1635	1,09	Aperitif based on wine or
0,1635	1,09	Agribalyse, Sweet wine
0,1845	1,23	Agribalyse, Dry white wine
0,1785	1,19	Agribalyse, red wine
0,0204	0,51	Agribalyse, Tonic or bitter, unsweetened,
0,0000206	1,03	Agribalyse, Gin
0,576288		Ice cubes (12 hours in freezer)

0,5967086			Total
0,0118		0,59	Agribalyse, Coffee espresso
	0,13		
	0,14		

			Cooking CO2 (min/60*kWh*energy intensity DK)					
		0,01	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
	Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
	Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Wine cooler	Fridge	0,01	12		0,232	Fridge	0,207	
	Mix	0,00	0		0,5	Mixer		
	Toaster	0,00	0		1	Toaster	0,207	

Name
Soy milk

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
Soy milk	200	*ml*			0,7	0,14	Poore & Nem	1066	213,2

, with sweeteners

200	**0,14**	**213,20**

Portion size 100 (please change portion size)

+ cooking (portion)

	CO2 production						
			SuEatableLife (users)		Agribalyse (LCA methodology)		
Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
Water Calculator		0,156	0,78				

0,16
0,16
0,08
0,08

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Apple juice

Home squeezed - not included in game (see bought apple juice in cell BQK7)

Product (ingredient	Quantity	Unit	Origins	Quality	Importance
Apple	200	ml			

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
0,6	0,12	Poore & Nem

200	**0,12**

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	CO2 production **CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	SuEatableLife (users) **CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	Agribalyse (LCA methodology) **CO2/Kg(L)**	Link to Reference 2
841	168,2	Water Calculator		0,05078	0,25				

0,05
0,05

Cooking CO2 (min/60*kWh*energy intensity DK)

		Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
	0,00				
Pan	0,00	0	0	1,8	Pan (15 min)
Oven	0,00	0	0	0,67	Oven 45 min
Fridge	0,00	0		0,232	Fridge
Mix	0,00	2		0,5	Mixer
Toaster	0,00	0		1	Toaster
Fruit pressure	0,003	1,5		0,5	Fruit pressure

Name
Scrambled Eggs with bacon

1.2.4.1

Portions	Prep Time	Difficulty
1	10 min	Very easy

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Eggs	100	g	PT		0	0	Nijdal et al 20
Salt	1	g	PT			0	
Ground Black Pe	1	g	BR			0	
Butter	10	g	PT		6,5	0,065	Nijdal et al 20
Bacon	25	g	PT		0	0	Nijdal et al 20

Total	137 g	
Total + cooking		**0,07**

Portion size 137 (please change portion size)

+ cooking (portion)

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	
0,207	

Method

1- Lightly whisk the eggs.
2- Season with salt and pepper.
3- Heat a small non-stick frying pan and add the butter. let it melt and be careful so the butter doesn't brown.
4- Pour in the egg mixture and carefully stir with a cooking spoon. lifting and folding it over from the bottom of the pan.
5- Repeat until the eggs are soft but slightly runny in places. Remove from the heat.

6- Heat a small non-stick frying pan over a medium-high heat until hot.
7- Add the bacon and cook for 2-4 mins on each side. depending on how crispy you like it.
8- Place the bacon slices on paper towel to absorb excess fat.

CO2 production

SuEatableLife (users) | Agribalyse (LCA methodology)

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
3283	328,3	Water Calculator		0,32	3,20				
	0			0,00061	0,61				
	0			0,00919	9,19				
5553	55,53	Water Calculator		0,0848	8,48				
6027	150,675	Water Calculator		0,100625	4,03				

	0,52
535	**0,59**
	0,52
	0,59

		Cooking CO2 (min/60*kWh*energy intensity DK)			
	0,07	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
Pan	0,07	8	4	1,8	Pan (15 min)
Oven	0,00	0	0	0,67	Oven 45 min
Fridge	0,00	0		0,232	Fridge
Mix	0,00	0		0,5	Mixer
Toaster	0,00	0		1	Toaster

Name	
Scrambled Eggs (1.5) with bacon	1.2.5.1

Portions	Prep Time	Difficulty
1	10 min	Very easy

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Eggs	150	g	PT		0	0	Nijdal et al 20
Salt	1	g	PT			0	
Ground Black Pe	1	g	BR			0	
Butter	10	g	PT		6,5	0,065	Nijdal et al 20
Bacon	25	g	PT		0	0	Nijdal et al 20

Total	187 g	
Total + cooking		**0,07**

Portion size 187 (please change portion size)

+ cooking (portion)

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
3283	492,45	Water Calculator
	0	
	0	
5553	55,53	Water Calculator
6027	150,675	Water Calculator

CO2 production

		SuEatableLife (users)			Agribalyse (LCA methodology)	
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,48	3,20				
	0,00061	0,61				
	0,00919	9,19				
	0,0848	8,48				
	0,100625	4,03				

	0,68
699	**0,75**
	0,68
	0,75

		Cooking CO2 (min/60*kWh*energy intensity DK)			
	0,07	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
Pan	0,07	8	4	1,8	Pan (15 min)
Oven	0,00	0	0	0,67	Oven 45 min
Fridge	0,00	0		0,232	Fridge
Mix	0,00	0		0,5	Mixer
Toaster	0,00	0		1	Toaster

Name
Toast + Butter

1.3.2.1

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Bread	30	g	PT	2,4	3,9	0,117	Poore & Nem
Butter	5	g	PT	0,035	6,5	0,0325	Nijdal et al 20
				2,435			
				1%			

Cheese	20	5
		7,435
		68%

Total	55 g	
		0,15

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
1841	55,2212389	Water Calculator
5553	27,765	Water Calculator

CO2 production

		SuEatableLife (users)		Agribalyse (LCA methodology)		
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,02655	0,89				
	0,0424	8,48				

8,93

	0,07
	0,08
83	

		Cooking CO2 (min/60*kWh*energy intensity DK)			
	0,01	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
Pan	0,00	0	0	1,8	Pan (15 min)
Oven	0,00	0	0	0,67	Oven 45 min
Fridge	0,00	0		0,232	Fridge
Mix	0,00	0		0,5	Mixer
Toaster	0,01	2		1	Toaster

Name
Toast + Butter + Cheese

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Bread	30	g	PT	2,4	3,9	0,117	Poore & Nem
Butter	5	g	PT	0,035	6,5	0,0325	Nijdal et al 20
Cheese	20	g			11,5	0,23	Nijdal et al 20
				2,435			

1%

Total	55 g	
		0,38

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	

					CO2 production				
					SuEatableLife (users)		Agribalyse (LCA methodology)		
Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
1841	55,2212389	Water Calculator		0,02655	0,89				
5553	27,765	Water Calculator		0,0424	8,48				
3186	63,72	Poore & Nemecek 2018		0,17866667	8,93				

	0,25
	0,25
147	

Total	**0,01**
Pan	0,00
Oven	0,00
Fridge	0,00
Mix	0,00
Toaster	0,01

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
0	0	1,8	Pan (15 min)
0	0	0,67	Oven 45 min
0		0,232	Fridge
0		0,5	Mixer
2		1	Toaster

Name	
Strawberry Jam	https://www.stdalfour.com/fruit-spreads/strawberry

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Strawberries	14	g			2,4	0,0336	Poore & Nem
Lemon Juice	1	g			0,9	0,0009	Nijdal et al 20

Total	15 g	**0,03**

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	

						CO2 production			
					SuEatableLife (users)			Agribalyse (LCA methodology)	
Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO_2 Importance/ Most impact**	**CO_2 (g/ml) this meal**	**CO_2/Kg(L)**	**CO_2/Kg(L)**	Comments, Reference 1	**CO_2/Kg(L)**	Link to Reference 2
841	11,774	Water Calculator		0,04038423	2,88				
				0	0,00				
637	0,637	Water Calculator		0,001	0,22	LEMON		0,79	(Agribalyse, L
				0,001	0,30	ORANGE		0,9	

	0,04
12	**0,20**

Total	**0,16**
Pan	0,16
Oven	0,00
Fridge	0,00
Mix	0,00
Toaster	0,00

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
20	5	1,8	Pan (15 min)
0	0	0,67	Oven 45 min
0		0,232	Fridge
0		0,5	Mixer
0		1	Toaster

Name
Maple Syrup Brownie

Check oven and mixer time

Portions	Prep Time	Difficulty

emon juice)

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Reference	Land use (m2) per meal quantity	Water Use (Stress-Weighted) (L/FU)
Eggs	25	g			5,5	Nijdal et al 2(	0,275	3283
Butter at room t	25	g			6,5	Nijdal et al 2(	0,325	5553
Cocoa powder	10	g			69	Poore & Nem	1,38	17283
Pure Maple Syru	12	g			2	Poore & Nem	0,024	1782
Flour	15	g			3,9	Poore & Nem	0,1365	1841

Vanilla extract	3			

0,000

26,69 Agribalyse (Cocoa, unsweetened, soluble powder)

Total	90 g	
Total + cooking		**2,14**

Change portion size

Portion size	50
+ cooking (portion)	

Energy intens	Degrees	Time	link
0,207			https://marialottes.dk/hybenmarmelade/
0,207	200C		
0,207			
0,207			

		CO2 production						
				SuEatableLife (users)			Agribalyse (LCA methodology)	
Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
164,159292	Water Calculator		0,08	3,20				
277,65	Water Calculator		0,212	8,48				
345,7	Water Calculator		0,267				26,69	Agribalyse (Cocoa, unsweet
21,4	Water Footprint		0,02412	0,62	Cane sugar		2,01	(Agribalyse, Maple Syrup)
64,4247788	Water Calculator		0	0,00				

	0,00372	1,24	(Agribase, Whole wheat toa

	0,59
873,28	**0,66**
	0,33
	0,36

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,07	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens
Pan	0,00	0	0	1,8	Pan (15 min)	0,207
Oven	0,07	15	15	0,67	Oven 45 min	0,207
Fridge	0,00	0		0,232	Fridge	0,207
Mix	0,00	5		0,5	Mixer	
Toaster	0,00	0		1	Toaster	0,207

Name
Air fryer Pork Schnitzel

Portions	Prep Time	Difficulty
1		

	Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
	Boneless pork chop	180	g	PT	39,6	17,4	3,132	Poore & Nem	6027	1084,86
	Panko breadcrumbs	25	g	PT	3,25	3,9	0,0975	Poore & Nem	1841	46,025
:ened, soluble	Finely grated parmesan cheese	5	g	IT	1,68	87,8	0,439	Poore & Nem	3185,84071	15,9292035
	Egg	12	g	PT	1,48	6,3	0,0756	Poore & Nem	3283,18584	39,3982301
	Milk	8	ml	PT	0,28	9	0,072	Poore & Nem	1066,0793	8,52863436

ast)	Plain flour	12	g	PT	1,15	3,9	0,0468	Poore & Nem	1841	22,092
	Olive oil spray	5	g	PT		26,3	0,1315	Poore & Nem	14400	72
	Salt	1	g	PT						
	Groud Black Pepper	1	g	BR	0,11					
					47,55					
					91%					

Total	249 g		
Total + cooking		**3,99**	**1289**

Change portion size

Portion size	249

Degrees

200C

Reference	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
			CO2 production				
			SuEatableLife (users)		Agribalyse (LCA methodology)		
Water Calculator		1,02901395	5,72				
Water Calculator		0,022125	0,89				
Water Calculator		0,0627	12,54				
Water Calculator		0,0384	3,20				
Water Calculator		0,01044	1,31				

Water Calculator	0,01488		1,24	(Agribase, Whole wheat toast)
Water Footprint	0,016325	3,27		
	0,00061	0,61		
	0,00919	9,19		

Air fryer	Pan
1,20	1,20
1,28	**1,20**

1,20
1,28

			Cooking CO2 (min/60*kWh*energy intensity DK)					
	0,07	**0,00**	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan		0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00		0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00		0		0,232	Fridge	0,207	
Mix	0,00		0		0,5	Mixer	0,207	
Toaster	0,00		0		1	Toaster	0,207	
Freezer	0,00		0		0,232	Frezzer	0,207	
Air Fryer	0,07		12		1,75	Air fryer	0,207	1400-2100 wa

Name
Avocado toast

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Bread	30	g	PT		3,9	0,117	Poore & Nem	1841	55,23	Water Calcula
Avocado	75	g	MX		0,9	0,0675	Poore & Nemecek 2018		1168	Water Calcula
Lime	5	g	BR		0,9	0,0045	Poore & Nem	637	3,185	Water Calcula
Salt	1	g	PT							
Olive oil	5	ml	PT		26,3	0,1315	Poore & Nem	14400	72	Water Footpr

Total	116 g		
		0,32	**1298**

att

Name
Caeser salad

Portions
1

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
ator		0,02655	0,89	BREAD PLAIN**			
ator		0,08175	1,09				
ator		0,0424	8,48				
		0,00061	0,61				
int		0,016325	3,27				

Product
Mayonnaise
Anchovy fillets
Garlic (grated)
White vinegar
Grated parmesan

Chicken breast
Salt
Ground Black Pepper
Lemon juice
Olive oil
Croutons
Iceberg lettuce
Parmesan shavings

0,17	Total
0,17	
0,00	
0,00	

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,01	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,01	2		1	Toaster	0,207	

Prep Time	Difficulty

Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
50	g	PT		6,5	0,325	Nijdal et al 20	5553	277,65	Water Calculator
2	g	PT		8,4	0,0168	Poore & Nem	3691	7,382	Poore & Nemecek 2018
1	g	PT		0,4	0,0004	Poore & Nem	265	0,265	Water Calculator
4	g	PT		1,8	0,0072	Poore & Nem	581,497797	2,32599119	Water Calculator
4	g	PT		87,8	0,3512	Poore & Nem	3185,84071	12,7433628	Water Footprint

50	g	PT	12,2	0,61	Poore & Nem	4353,9823	217,699115	Water Calculator
1	g	PT						
1	g	BR						
5	g	PT	0,9	0,0045	Poore & Nem	637	3,185	Water Calculator
15	ml	PT	26,3	0,3945	Poore & Nem	14400	216	Water Footprint
15	g	PT	3,9	0,0585	Poore & Nem	1841	27,615	Water Calculator
100	g	PT	0,4	0,04	Poore & Nem	237	23,7	Water Footprint
10	g	IT	87,8	0,878	Poore & Nem	3185,84071	31,8584071	Water Calculator

258 g

2,69 820

200

Name
Cheese burger

Portions	Prep Time
1	

CO2 production

		SuEatableLife (users)		Agribalyse (LCA methodology)				
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2	**Product**	**Quantity**
	0,102	2,04					Minced meat	150
	0,002	0,82					Olive oil	24
	0,001	0,71					Salt	1
	0,005				1,18	(Agribalyse, Vinegar)	Ground Black Pepper	1
	0,05	12,54					Bun	80

				Cheedar Cheese	14
0,18	3,68	CHICKEN BONE FREE MEAT			
0,00	0,61				
0,01	9,19				
0,00395			0,79	(Agribalyse, Lemon juice)	
0,05	3,27				
0,02	1,35	CRISPBREAD**			
0,27	2,67				
0,13	12,54				

0,82		Total	270,00
0,82			
0,63		Portion	200
0,63			

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Difficulty

Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	CO2 Importance/ Most impact
g	PT	29,1	22	3,3	Nijdal et al 20	1513	226,95	Water Calculator	
g	PT	0	26,3	0,3945	Poore & Nem	14400	216	Water Footprint	
g	PT	0							
g	BR	0,11							
g	PT	8	3,9	0,312	Poore & Nem	1841	147,28	Water Calculator	

g	UK	2,24	87,8	1,2292	Poore & Nem	3185,84071	44,6017699	Water Footprint
		39,45						
		79%						

5,24	**635**

Pan
Oven
Fridge
Mix
Toaster

Name
Veggie burger

Portions	Prep Time	Difficulty
1		

CO2 production

SuEatableLife (users) | Agribalyse (LCA methodology)

CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Product	Quantity	Uni
3,86265	25,75	BEEF BONE FREE MEAT*				Cooked brown rice	30	g
0,07836	3,27					Olive oil	24	g
0,00061	0,61					Salt	1	g
0,00919	9,19					Ground Black Pepper	1	g
0,0708	0,89	BREAD PLAIN**				Bun	80	g

0,156898 11,21

16,26 (Agribalyse, Burger meat 15%)

Toasted Raw walnuts	24	g	
Avocado oil (more to bruch the grill)	2	ml	
Onion	10	g	
Chili powder blend	2	g	
Cumin powder	2	g	
Smoked paprika	2	g	
Brown sugar	2	g	
Cooked black beans	50	g	

Panko bread crumbs	4	g
BBQ sauce	10	g

4,18	Total	244 g
4,27	Total + cooking	
3,10	Portion size	200 g
3,16	+ cooking	

Cooking CO2 (min/60*kWh*energy intensity DK)

	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,09						
0,09	10	4	1,8	Pan (15 min)	0,207	
0,00	0	0	0,67	Oven 45 min	0,207	200C
0,00	0		0,232	Fridge	0,207	
0,00	0		0,5	Mixer		
0,01	2		1	Toaster	0,207	

Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	CO2 Importance/ Most impact	CO2 (g/ml) this meal
PT		2,8	0,084	Poore & Nem	2442	73,26	Water Calculator		0,06566341
PT		26,3	0,3945	Poore & Nem	14400	216	Water Footprint		0,07836
PT									0,00061
BR									0,00919
PT		3,9	0,312	Poore & Nem	1841	147,28	Water Calculator		0,0708

PT	13	0,312	Poore & Nem	12035	288,84	Water Calculator	0,05424
BR	10,5	0,021	Poore & Nem	415	0,83	Poore & Nemecek 2018	0,0019692
PT	0,4	0,004	Poore & Nem	265	2,65	Water Calculator	0,002223
IN							0
IN	3,9	0,0078	Poore & Nem	1841	3,682	Water Calculator	
ES	3,9	0,0078	Poore & Nem	1841	3,682	Water Calculator	0,0016
BR	3,9	0,0078	Poore & Nem	1841	3,682	Water Calculator	0,00124734
PT	5,5	0,275	Poore & Nem	1637	81,85	Water Calculator	0,00545

JP	3,9	0,0156	Poore & Nem	1841	7,364	Water Calculator	0,00354
USA							0,01464
							0,31
		1,44			**829**		**0,40**
Please adjust portion size							0,25
							0,33

	0,09
Pan	0,09
Oven	0,00
Fridge	0,00
Mix	0,00
Toaster	0,01

Name
Chicken breast

Pan cooked?

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins
Chicken breast	50	g	PT
Olive oil	15	g	PT
Salt	1	g	PT
Ground Black Pepper	1	g	BR
Lemon juice	5		

CO2 production

SuEatableLife (users)			Agribalyse (LCA methodology)	
CO2/Kg(L)	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
2,19	RICE*			
3,27				
0,61				
9,19				
0,89				

2,06

0,98 SUNFLOWER OIL

0,22

0,80 CHILLY

0,80 CHILLY

0,62

0,11 BEANS IN CAN

0,8850 BREAD PLAIN**

1,46 KETCHUP

2,26 (Agribase, Weggie burger)

72,00

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
10	4	1,8	Pan (15 min)	0,207	
0	0	0,67	Oven 45 min	0,207	200C
0		0,232	Fridge	0,207	
0		0,5	Mixer		
2		1	Toaster	0,207	

C

SuEatableLife

Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**
9,65	6,5	0,325	Poore & Nem	4354	217,7	Water Calculator		0,18383734	3,68
0	26,3	0,3945	Poore & Nem	14400	216	Water Calculator		0,048975	3,27
0								0,00061	0,61
0,11								0,00919	9,19
0,02	0,9	0,0045	Poore & Nem	637	3,185	Water Calculator		0,004	0,00

9,78

99%

		0,25
0,72	**437**	**0,36**

	0,12
Pan	0,12
Oven	0,00
Fridge	0,00
Mix	0,00
Toaster	0,00

Name
Chili con carne

cooking time (90 minutes)

Portions	Prep Time	Difficulty
1		

O2 production

(users) Agribalyse (LCA methodology)

CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
0,00		0,79	(Agribalyse, Lemon juice)

Product	Quantity	Uni	Origins	Protein (g)
Dark chocolate	2	g	ST	0,14
Olive oil	15	g	PT	0
Salt	1	g	PT	0
Ground Black Pepper	1	g	BR	0,11
Red kidney beans	80	g	PT	6,38

Onion	25	g	PT	0,4
Garlic	5	g	PT	0,32
Red Pepper	20	g	PT	0,3
Smoked paprika	1	g	ES	0,15
Minced beef	80	g	PT	15,5
Dried marjoram	2	g	PT	0,13
Chilli flakes	1	g	IN	0,13
Ground cumin	1	g	IN	0,18

Chopped tomatoes	50	g	PT	0,82
Tomato purée	5	g	PT	0,08

289 g

24,64

Portion size	200	g	Please adjust portion size
+ cooking			

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
15	4	1,8	Pan (15 min)	0,207	
0	0	0,67	Oven 45 min	0,207	200C
0		0,232	Fridge	0,207	
0		0,5	Mixer		
0		1	Toaster	0,207	

CO2 productio

SuEatableLife (users)

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**
69	0,138	Poore & Nem	17283	34,5663717	Water Calculator		0,00542	2,71	
26,3	0,3945	Poore & Nem	14400	216	Water Calculator		0,048975	3,27	
							0,00061	0,61	
							0,00919	9,19	
5,5	0,44	Poore & Nem	1637	130,96	Water Calculator		0,00872	0,11	

0,4	0,01	Poore & Nem	265	6,625	Water Calculator	0,031	0,22	
0,4	0,002	Poore & Nem	265	1,325	Water Calculator	0,00354	0,71	
0,4	0,008	Poore & Nem	103	2,06	Poore & Nemecek 2018	0,0745	3,73	PEPPER (G)
						0,003725	3,73	PEPPER (G)
22	1,76	Nijdal et al 20	15513	1241,04	Water Calculator	2,06008	25,75	
						0,0031		
						0,0008	0,80	
						0,00155		

0,8	0,04	Poore & Nem	204	10,2	Water Calculator	0,0736375	1,4728
0,8	0,004	Poore & Nem	204	1,02	Water Calculator	0,0051555	1,03
						2,33	
	2,80			**1644**		**2,91**	
						1,61	
						2,02	

		Cooking CO2
	0,58	Cooking time
Pan	0,58	90
Oven	0,00	0
Fridge	0,00	0
Mix	0,00	0
Toaster	0,00	0

Name
Chili sin carne

cooking time (90 minutes)

Portions	Prep Time	Difficulty
1		

n

[Agribalyse (LCA methodology)]

Comments, Reference 1	CO2/Kg(L)	Link to Reference 2

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU
Dark chocolate	2	g	ST		69
Olive oil	10	g	PT		26,3
Salt	1	g	PT		
Ground Black Pepper	1	g	BR		
Red kidney beans	30	g	PT		5,5

1,24	(Agribase, Whole wheat toast)	Red Onion	20	g	PT	0,4
		Garlic	5	g	PT	0,4
		Eggplant, coarsely g	30	g	PT	0,4
		Smoked paprika	1	g	ES	
		Pumpkim, coarsely g	30	g	PT	0,4
1,55	(Agribalyse, dried majoram)	Ground coriander	2	g	PT	
1,18	(Agribalyse, Chilli raw)	Chilli flakes	1	g	IN	
		Ground cumin	2	g	IN	

Sun-dried tomatoes in oil, finely chopped	10	g	PT	0,8
Can of chopped tomatoes	50	g	PT	0,8
Stalks celery, coarse	50	g	PT	0,4
Vegetable broth	10	ml		
Ground coriander	2	g	PT	
	257			

Portion size	200	g	Please adjust portion size

+ cooking

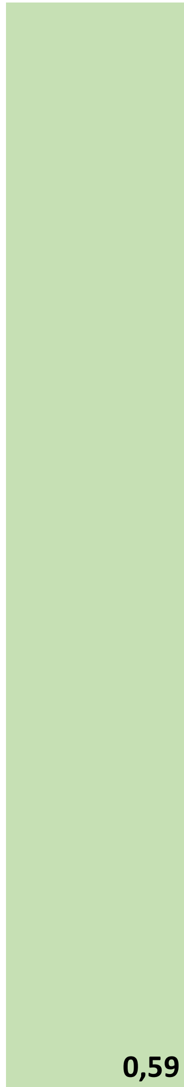
(min/60*kWh*energy intensity DK)

Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
4	1,8	Pan (15 min)	0,207	
0	0,67	Oven 45 min	0,207	200C
	0,232	Fridge	0,207	
	0,5	Mixer		
	1	Toaster	0,207	

					CO2 production				
							SuEatableLife (users)		Agribalyse (LC
Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1
0,138	Poore & Nem	17283	34,5663717	Water Calculator		0,00542	2,71		
0,263	Poore & Nem	14400	144	Water Calculator		0,03265	3,27		
0			0			0,00061	0,61		
0			0			0,00919	9,19		
0,165	Poore & Nem	1637	49,11	Water Calculator		0,00327	0,11		

0,008	Poore & Nem	265	5,3	Water Calculator	0,004446	0,22	
0,002	Poore & Nem	265	1,325	Water Calculator	0,00354	0,71	
0,012	Poore & Nem	103	3,09	Poore & Nemecek 2018	0,087	2,90	
0			0		0,001175	1,18	PEPPER (g)
0,012	Poore & Nem	103	3,09	Poore & Nemecek 2018	0,00708762	0,24	
0			0		0,005		
0			0		0,005		
0			0		0,0031		

0,008	Poore & Nem	204	2,04	Water Calculator	0,005	
0,04	Poore & Nem	204	10,2	Water Calculator		1,47
0,02	Poore & Nem	103	5,15	Poore & Nemecek 2018		0,32
			0			0,24
0			0		0,005	0,00
0,67			**258**		0,18	
					0,76	
					0,14	


0,59

		Cooking CO2 (min/60*kWh	
	0,58	Cooking time	Pre-heat (min
Pan	0,58	90	4
Oven	0,00	0	0
Fridge	0,00	0	
Mix	0,00	0	
Toaster	0,00	0	

:A methodology)

CO2/Kg(L)	Link to Reference 2

Name
Danish meatballs

cooking time (30 minutes)

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Protein (g)
Ground beef	65	g	PT	19,5
Salt	1	g	PT	0
Ground Black Pepper	1	g	BR	0,11
Breadcrumbs	25	g	PT	5,35

1,24	(Agribase, Whole wheat toast)					
		Garlic	5	g	PT	0,32
		Flour	12	g	PT	2,4
		Egg	25	g	PT	6,15
		Millk	25	ml	PT	1,05
0,97	(Agribase, fresh coriander, herbes)					
0,97	(Agribase, fresh coriander, herbes)					
1,55	(Agribalyse, dried majoram)	Butter	5	g	PT	0,35

7,48 (Agribalyse, dried tomato) 35,23

77%

164

0,97 (Agribase, fresh coriander, herbes)

ı*energy intensity DK)

Effeckt (kWh)	Cooking type	Energy intens	Degrees
1,8	Pan (15 min)	0,207	
0,67	Oven 45 min	0,207	200C
0,232	Fridge	0,207	
0,5	Mixer		
1	Toaster	0,207	

CO2 productio

SuEatableLife (users)

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**
22	1,43	Nijdal et al 2(	15513	1008,345	Water Calculator		1,673815	25,75	
							0	5,72	
	0			0			0,00061	0,61	
	0			0			0,00919	9,19	
3,9	0,0975	Poore & Nem	1841	46,025	Water Calculator		0,022125	0,89	

						0	0,22
0,4	0,002	Poore & Nem	265	1,325	Water Calculator	0,00354	0,71
3,9	0,0468	Poore & Nem	1841	22,092	Water Calculator	0,01488	
5,5	0,1375	Nijdal et al 2(	3283	82,075	Water Calculator	0,08	3,20
1,5	0,0375	Nijdal et al 2(	1066	26,65	Water Calculator	0,032625	1,31
						0	
						0	
6,5	0,0325	Nijdal et al 2(	5553	27,765	Water Calculator	0,0424	8,48

1,78 **1214**

1,88

2,09

		Cooking CO2
	0,21	Cooking time
Pan	0,21	30
Oven	0,00	0
Fridge	0,00	0
Mix	0,00	0
Toaster	0,00	0

Name
Grilled Salmon

Portions	Prep Time	Difficulty
1		

n

[Agribalyse (LCA methodology)]

Comments, Reference 1	CO_2/Kg(L)	Link to Reference 2

Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU
Salmon fillet	150	g	NO	29,3	4
Olive oil	15	g	PT	0	26,3
Salt	1	g	PT	0	
Ground Black Pepper	1	g	BR	0,11	
Lemon juice	5	g	PT	0,025	0,9

29,435

100%

1,24	(Agribase, Whole wheat toast)
0,81	(Agribalyse, Sage leaves fresh)
1,19	(Agribalyse,)

(min/60*kWh*energy intensity DK)

Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
4	1,8	Pan (15 min)	0,207	
0	0,67	Oven 45 min	0,207	200C
	0,232	Fridge	0,207	
	0,5	Mixer		
	1	Toaster	0,207	

CO2 production

							SuEatableLife (users)	Agribalyse (LC	
Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1
0,6	Nijdal et al 2(	3691	553,65	Poore & Nemecek 2018		0,50601	3,37		
0,3945	Poore & Nem	14400	216	Water Calculator		0,048975	3,27		
0			0			0,00061	0,61		
0			0			0,00919	9,19		
0,0045	Poore & Nem	637	3,185	Water Calculator		0,004	0,00	0,00	

1,00 **773**

0,57

0,64

		Cooking CO2 (min/60*kWh	
	0,07	Cooking time	Pre-heat (min
Pan	0,07	8	4
Oven	0,00	0	0
Fridge	0,00	0	
Mix	0,00	0	
Toaster	0,00	0	

Name
Open sandwich w/ liver pate and pickled beetroot

Portions	Prep Time	Difficulty
1		

A methodology)

CO2/Kg(L)	Link to Reference 2
0,79	(Agribalyse, Lemon juice)

Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity
Pickled beets	42	g	DK	0,42	0,3	0,0126
Liver pate	60	g	DK	6,66	13	0,78
Rye Bread	80	g	DK	4	3,9	0,312
Chives	10	g	PT	0,24	0,4	0,004

11,32

59%

1,11

Total	192,00	

Portion size	50	g	Please adjust portion size
+ cooking			

ı*energy intensity DK)

Effeckt (kWh)	Cooking type	Energy intens	Degrees
1,8	Pan (15 min)	0,207	
0,67	Oven 45 min	0,207	200C
0,232	Fridge	0,207	
0,5	Mixer		
1	Toaster	0,207	

				CO2 production					
						SuEatableLife (users)		Agribalyse (LCA methodolog	
Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**
Poore & Nem	204	8,568	Water Calculator		0,01029	0,25	BEETROOT		
Poore & Nem	4354	261,24	Water Calculator		0,34300465	5,72			2,07
Poore & Nem	1841	147,28	Water Calculator		0,05624	0,70			
Poore & Nem	103	1,03	Poore & Nemecek 2018		0,0068				0,68

418	
	0,42
	0,42
	0,11
	0,11

		Cooking CO2 (min/60*kWh*energy inte			
	0,00		Cooking time	Pre-heat (mir	Effeckt (kWh)
Pan	0,00		0	0	1,8
Oven	0,00		0	0	0,67
Fridge	0,00		0		0,232
Mix	0,00		0		0,5
Toaster	0,00		0		1

Name
Pepperoni Pizza

Portions	Prep Time	Difficulty
1		

gy)

	Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
Link to Reference 2								
	Grated Mozzarella	50	g	ITA	12,1	11,5	0,575	Nijdal et al 20
(Agribalyse, pork liver confit)	Pepperoni Slices	30	g	ITA	5,4	23	0,69	Nijdal et al 20
	Salt	1	g	PT	0		0	
(Agribalyse, Chives or fresh chives)	Dried basil	1	g	PT	0,23		0	
	Passata	25	g	ITA	0,25	0,8	0,02	Poore & Nem

Garlic		5	g	PT	0,32	0,4	0,002	Poore & Nem
Stron bread Flour		75	g	PT	7,2	3,9	0,2925	Poore & Nem
Instant yeast		1	g	PT	0,33		0	
Fresh Basil		3	g	PT	0,094		0	
Olive oil		4	ml	PT	0	26,3	0,1052	Poore & Nem

25,924

68% **1,68**

Total size	195	g

Portion size + cooking	50	g	Please adjust portion size

nsity DK)

Cooking type	Energy intens	Degrees
Pan (15 min)	0,207	
Oven 45 min	0,207	200C
Fridge	0,207	
Mixer		
Toaster	0,207	

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
3186	159,3	Water Calculator
121	3,6162	Water Calculator
	0	
	0	
204	5,1	Water Calculator

CO2 production

[SuEatableLife (users)] [Agribalyse (LCA methodology)]

CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
	0,41	8,20				
	0,23835	7,95	PORK HAM			
	0,00061	0,61				
	0,0011415	1,14			1,55	Agribalyse, dr
	0,0285375	1,14	TOMATO & B	TOMATO SAU	0,81	Agribalyse, Fr

265	1,325	Water Calculator	0,0062		1,24	(Agribase, Wh
1841	138,075	Water Calculator	0,03525	0,47		
	0		0,003294	3,29		
	0		0,00243	0,00	0,81	(Agribalyse, F
14400	57,6	Water Footprint	0,01306	3,27		
	365					

0,74
0,82
0,19
0,21

		Cooking CO2 (min/60*kWh*energy intensity DK)			
	0,08	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
Pan	0,00	0	0	1,8	Pan (15 min)
Oven	0,08	15	19	0,67	Oven 45 min
Fridge	0,00	0		0,232	Fridge
Mix	0,00	0		0,5	Mixer
Toaster	0,00	0		1	Toaster

Name
Marguerita Pizza

Check cooking time

Portions	Prep Time	Difficulty
1		

	Product	Quantity	Uni	Origins	Animal Proteir	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference
	Fresh mozzarella	35	g	ITA	8,44	11,5	0,4025	Nijdal et al 2(
	Cherry tomato	50	g	PT	0,3	0,8	0,04	Poore & Nem
	Salt	1	g	PT	0		0	
·ied basil	Dried basil	1	g	PT	0,23		0	
esh basilic	Passata	25	g	ITA	0,4	0,8	0,02	Poore & Nem

hole wheat toast)	Garlic		5	g	PT	0,32	0,4	0,002	Poore & Nem
	Strong bread Flour		75	g	PT	7,2	3,9	0,2925	Poore & Nem
	Instant yeast		1	g	PT	0,33		0	
resh Basil)	Fresh Basil		3	g	PT	0,094		0	
	Olive oil		4	ml	PT	0	26,3	0,1052	Poore & Nem
						49%		**0,86**	

Total size	200	g

Portion size	50	g	Please adjust portion size
+ cooking			

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	

CO2 production

[SuEatableLife (users)] [Agribalyse (LCA methodology)]

Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
3186	111,51	Water Calculator		0,287	8,20				
204	10,2	Water Calculator		0,12125	2,43	TOMATO (G)		0,58	(Agribalyse, C
	0			0,00061	0,61	0,00			
	0			0,00155				1,55	(Agribalyse, b
204	5,1	Water Calculator		0,0285375	1,14	TOMATO & BASIL			

265	1,325	Water Calculator		0,0062			1,24	(Agribase, Wh
1841	138,075	Water Calculator		0,03525	0,47	GRAHAM FLOUR		
	0			0,003294	3,29	YEAST DRIED*		
	0			0,00243			0,81	(Agribalyse, F
14400	57,6	Water Footpr	0	0,01306	3,27	OLIVE OIL		
	324							
							0,58	(Agribalyse, t

0,50
0,58
0,12
0,14

		Cooking CO2 (min/60*kWh*energy intensity DK)			
	0,08	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
Pan	0,00	0	0	1,8	Pan (15 min)
Oven	0,08	15	19	0,67	Oven 45 min
Fridge	0,00	0		0,232	Fridge
Mix	0,00	0		0,5	Mixer
Toaster	0,00	0		1	Toaster

herry tomato raw)

asil dried)

Name
Sirloin steak

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)
Sirloin steak	180	g	PT	39,6	22	3,96	Poore & Nem	265
Olive oil	10	ml	PT	0	26,3	0,263	Poore & Nem	14400
Salt	1	g	PT	0				
Ground Black Pepper	1	g	BR	0,11				
sprig of thyme	2	g	PT	0,11				

hole wheat toast)	Butter	20	g	PT	0,14	6,5	0,13	Nijdal et al 20	5553
	Garlic clove (left whole but bashed once)	10	g	PT	0,64	0,4	0,004	Poore & Nem	265
					40,6				
resh Basil)					98%				
omato puree, canned)									

Total size	224		

4,36

Portion size	100	g	Please adjust portion size
+ cooking			

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	

CO2 production

				SuEatableLife (users)		Agribalyse (LCA methodology)		
Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
47,7	Water Calculator		4,63518	25,75	BEEF BONE FREE MEAT*			
144	Water Calculator		0,03265	3,27				
			0,00061	0,61				
			0,00919	9,19				
			0,00162				0,81	(Agribalyse, Fresh Thyme)

111,06	Water Calculator	0,1696	8,48
2,65	Water Calculator	0,00708	0,71

	4,86
305	**4,86**
	2,17
	2,17

Cooking CO_2 (min/60*kWh*energy intensity DK)

	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens
Pan	0,00	0	0	1,8	Pan (15 min)	0,207
Oven	0,00	0	0	0,67	Oven 45 min	0,207
Fridge	0,00	0		0,232	Fridge	0,207
Mix	0,00	0		0,5	Mixer	
Toaster	0,00	0		1	Toaster	0,207

Name
Open sandwich w/ potatoes

Check cooking time

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Protein (g)	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
Butter	5	g		0,035	6,5	0,0325	Nijdal et al 20	5553	27,765
Rye Bread	80	g	DK	4	3,9	0,312	Poore & Nem	1841	147,28
Lettuce	8			0,1	0,4	0,0032	Poore & Nem	103	0,824
Boiled potato	100			1,7	0,9	0,09	Poore & Nem	301	30,1
Chives	2			0,048	0,4	0,0008	Poore & Nem	103	0,206

Sour cream	2			0,056	6,5	0,013	Nijdal et al 2(	5553	11,106
Fried onions	5			0,3	0,4		Poore & Nem	265	
				1%					
						0,35			**217**

Total size	202		
Portion size	100	g	Please adjust portion size
+ cooking			

Degrees

200C

	CO2 production						
			SuEatableLife (users)		Agribalyse (LCA methodology)		
Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
Water Calculator		0,0424	8,48				
Water Calculator		0,0536	0,38	RYE		0,67	(Agribalyse, Rye bread & wheat)
Poore & Nemecek 2018		0,02136	2,67				
Water Calculator		0,124	0,24			1,24	(Agribase, Whole wheat toast)
Poore & Nemecek 2018		0,00136				0,68	(Agribalyse, Chives or fresh chives)

Water Calculator	0,0109	5,45
Water Calculator	0,0011115	0,22

0,25
0,43
0,13
0,22

				Cooking CO2 (min/60*kWh*energy intensity DK)					
			0,18	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type		
Fried onion (	Potato boiling	Pan	0,18	25	4	1,8	Pan (15 min)		
		Oven	0,00	0	0	0,67	Oven 45 min	Energy intens	Degrees
		Fridge	0,00	0		0,232	Fridge	0,207	
		Mix	0,00	0		0,5	Mixer	0,207	200C
		Toaster	0,00	0		1	Toaster	0,207	
								0,207	

Name
Vegetable Soup w/o potatoes

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Onion	25	g	PT		0,4	0,01	Poore & Nem	265	6,625	Water Calcula
Garlic	2	g	PT		0,4	0,0008	Poore & Nem	265	0,53	Water Calcula
Olive oil	5	ml	PT		26,3	0,1315	Poore & Nem	14400	72	Water Calcula
Salt	1	g	PT							
Pumpkin	80	g	PT		0,4	0,032	Poore & Nem	103	8,24	Poore & Nem

Leak	10	g	PT		0,4	0,004	Poore & Nem	103	1,03	Poore & Nem
Potato	25	g	PT		0,9	0,0225	Poore & Nem	301	7,525	Poore & Nem
Carrot	20	g	PT		0,3	0,006	Poore & Nem	204	4,08	Poore & Nem
Sweet Potato	50	g	PT		0,9	0,045	Poore & Nem	301	15,05	Poore & Nem

Total	218		
Total + cooking			
		0,25	**115**
Per portion	100		
Portion + cooking			

CO2 production

SuEatableLife (users) | Agribalyse (LCA methodology)

	CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
ator		0,0055575					
ator		0,001416					
ator		0,016325					
		0,00061					
ecek 2018		0,01890033					

ecek 2018	0,00234		1,24	(Agribase, Whole wheat toast)
ecek 2018	0,006			
ecek 2018	0,035			
ecek 2018	0,0135	0,27		

0,10
0,37
0,05
0,17

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,27	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,27	40	4	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Name
Vegetable Soup w potatoes

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Onion	25	g	PT		0,4	0,01	Poore & Nem	265	6,625	Water Calcula
Garlic	2	g	PT		0,4	0,0008	Poore & Nem	265	0,53	Water Calcula
Olive oil	5	ml	PT		26,3	0,1315	Poore & Nem	14400	72	Water Calcula
Salt	1	g	PT							
Pumpkin	80	g	PT		0,4	0,032	Poore & Nem	103	8,24	Poore & Nem

Leak		10	g	PT		0,4	0,004	Poore & Nem	103	1,03	Poore & Nem
Potato		25	g	PT		0,9	0,0225	Poore & Nem	301	7,525	Poore & Nem
Zuchinni		50	g	PT		0,4	0,02	Poore & Nem	15513	775,65	Poore & Nem
Carrot		20	g	PT		0,3	0,006	Poore & Nem	204	4,08	Poore & Nem

Total	218		
Total + cooking			
		0,23	**876**
Per portion	100		
Portion + cooking			

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
ator		0,0055575	0,22				
ator		0,001416	0,71				
ator		0,016325	3,27				
		0,00061	0,61				
ecek 2018		0,01890033	0,24				

ecek 2018	0,00234	0,23	CABAGGE
ecek 2018	0,006	0,24	
ecek 2018	0,035	0,70	
ecek 2018	0,0047	0,24	

0,09
0,36
0,04
0,17

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,27	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,27	40	4	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Name
Veggie Lasagna

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins	Land use (m2) per kg/FU	Reference	Land use (m2) per meal quantity	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Lasagna Noodles	50	g	PT	3,9	Poore & Nem	0,195	1841	92	Water Calcula
Zuchinni	20	g	PT	0,4		0,008	103	2	Poore & Nem
Mushrooms	20	g	PT	0,4	Nijdal et al 20	0,008	103	2	Water Calcula
Olive oil	10	ml	PT	26,3	Poore & Nem	0,263	14400	144	Water Calcula
Onion + Leek	30	g	PT	0,4	Poore & Nem	0,012	265	8	Water Calcula

Carrot	20	g	PT		0,3	Poore & Nem	0,006	204	4	Water Calcula
Garlic	5	g	PT		0,4	Poore & Nem	0,002	265	1	Water Calcula
Canned tomato	50	g	ITA		0,8	Poore & Nem	0,040	204	10	Water Calcula
Tomato paste	5	g	PT		0,8	Poore & Nem	0,004	204	1	Water Calcula
Butter	10	g	PT		6,5	Nijdal et al 20	0,065	5553	56	Water Calcula
Flour	10	g	PT		3,9	Poore & Nem	0,039	1841	18	Water Calcula
Milk semi-skimm	40	ml	PT		1,5	Nijdal et al 20	0,060	1066	43	Water Calcula
Nutmeg ground	1	g	CELAC (caribbean)				0		0	

Salt	1	g	PT				0		0	
Groud Black Pep	1	g	BR				0		0	
Shred mozarella	25	g	ITA		11,5	Nijdal et al 2(	0,288	3186	80	Poore & Nem
Total	298	g					**0,99**		**461**	
	200									

		CO2 production					
			SuEatableLife (users)		Agribalyse (LCA methodology)		
Animal Protein (g)	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
9,22		0,157555	3,15	EGG PASTA*			
0,28		0,014	0,70				
0,4		0,0412567	2,06				
ator		0,03265	3,27				
1,2		0,006669	0,22				

0,4	0,0248	0,24	1,24	(Agribase, Whole wheat toast)
0,32	0,00354	0,71 GARLIC		
1,64	0,0736375	1,47 TOMATO CHOPPED		
0,21	0,0051555	1,03 TOMATO PUREE		
0,1	0,0848	8,48		
1,44	0,0052	0,52		
2,8	0,047	1,31	1,18	Skimmed milk
0,058	0,001		1,19	agribalyse 3.1 (Nutmeg)

0	0,00061	0,6100
0,11	0,00919	9,19
6,03	0,205	8,20
	0,71	
12%	**0,97**	
	0,48	
	0,65	

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,26	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,12	15	4	1,8	Pan (15 min)	0,207	
Oven	0,14	45	16	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Pre-heat time (JSTP tests with 65L oven)

Oven, 225C: :	19	Hot air (up/down)	
Oven: 220C: :	19	Hot air (up/down)	
Oven: 210C: :	17	Hot air (up/down)	
Oven: 200C: :	16	Hot air (up/d	Electrolux

Name
Boiled potato

Portions	Prep Time	Difficulty
1		

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Potato	150	g	PT	2,025	0,9	0,135	Poore & Nem	301	45,15	Water Calcula
Salt	1	g	PT							
						0,135			45,15	

Name
Vegetables saute

Portions
1

CO2 production

			SuEatableLife (users)		Agribalyse (LCA methodology)		
	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
ator		0,036	0,24				
		0,00061	0,61				

Product
Yellow bell pepp
Zuchinni
Brocolli
Red bell pepper
Olive oil

Onion
Carrot
Salt
Groud Black Pep

0,04	
0,15	**Total**

Cooking CO2 (min/60*kWh*energy intensity DK)

		Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
	0,12						
Pan	0,12	15	4	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

eed

Prep Time	Difficulty

Quantity	Uni	Origins	Land use (m2) per kg/FU	Reference	Land use (m2) per meal quantity	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	Animal Protein (g)
20	g	PT	0,4	Poore & Nem	0,008	103	2	Poore & Nemecek 2018	
20	g	PT	0,4	Poore & Nem	0,008	103	2	Poore & Nemecek 2018	
50	g	PT	0,4	Poore & Nem	0,020	103	5	Poore & Nemecek 2018	
20	g	PT	0,4	Nijdal et al 20	0,008	103	2	Water Calculator	
5	ml	PT	26,3	Poore & Nem	0,132	14400	72	Water Calculator	

25	g	PT	0,4	Poore & Nem	0,010	265	7	Water Calculator
20	g	PT	0,3	Poore & Nem	0,006	204	4	Water Calculator
1	g	PT			0		0	
1	g	BR			0		0	

3,9

162 g	**0,19**	**94**

Name
Grilled Cheese and Ham

Portions
1

CO2 production

SuEatableLife (users) — Agribalyse (LCA methodology)

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Product
	0,0745	3,73					Cheddar
	0,014	0,70					Butter
	0,0285	0,57					Bread
	0,0745	3,73					Ham
	0,016325	3,27					

0,0055575	0,22
0,0047	0,24
0,00061	0,61
0,00919	9,19

0,23
0,31

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,09	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,09	10	4	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Prep Time	Difficulty

Quantity	Uni	Origins	Animal Protein	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
15	g	DK	3,93	11,5	0,1725	Nijdal et al 2(	3186	47,79	Water Calculator
15	g		0,1	6,5	0,0975	Nijdal et al 2(	5553	83,295	Water Calculator
30	g	DK	2,37	3,9	0,117	Poore & Nem	1841	55,23	Water Calculator
30	g	PT	5,55	9,75	0,2925	Nijdal et al 2(	6027	180,81	Water Calculator
					0,68			367,125	

54%

Name
Grilled Cheese

Portions	Prep Time
1	

CO2 production

SuEatableLife (users) | Agribalyse (LCA methodology)

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
	0,168105					
	0,1272					
	0,0372					
	0,23835	7,95	Pork Ham			

Product	Quantity
Cheddar	15
Butter	15
Bread	30

0,57
0,66

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,09	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,09	10	4	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Difficulty										

Uni	Origins		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference		CO2 Importance/ Most impact
g	DK		11,5	0,1725	Nijdal et al 20	3186	47,79	Water Calculator		
g			6,5	0,0975	Nijdal et al 20	5553	83,295	Water Calculator		
g	DK		3,9	0,117	Poore & Nem	1841	55,23	Water Calculator		
				0,39			186,315			

Pan
Oven
Fridge
Mix
Toaster

Name
Mars bar

Portions	Prep Time	Difficulty
1		

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
0,168105	11,21			6,18	(Agribalyse, Cheddar)
0,1272	8,48				
0,0372				1,24	(Agribase, Whole wheat toast)

Product	Quantity	Uni
Mars bar	*51*	*g*
Sugar	25,5	g
Milk	15,3	g
Egg	2,55	g

Cocoa	2,55 g
Sunflower oil	5,1

0,33	
0,38	

Cooking CO2 (min/60*kWh*energy intensity DK)

0,05	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,05	4	4	1,8	Pan (15 min)	0,207	
0,00	0	0	0,67	Oven 45 min	0,207	200C
0,00	0		0,232	Fridge	0,207	
0,00	0		0,5	Mixer		
0,00	0		1	Toaster	0,207	

Origins	% Animal Prot	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference		**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**
https://www.marsbar.co.uk/products/ch			0			0				
	0	2	0,051	Poore & Nem	620	15,81	Poore & Nemecek 2018			0,01590359
	0,54	1,5	0,02295	Nijdal et al 20	1066	16,3098	Water Calculator			0,0199665
	0,31	5,5	0,014025	Nijdal et al 20	3283	8,37165	Water Calculator			0,00816

0,44	69	0,17595	Poore & Nem	17283	44,07165	Water Calculator	0,068
0	17,7	0,09027	Poore & Nem	1008	5,1408	Poore & Nemecek 2018	0,00502146
66%							

		0,12
		0,12
0,35	**90**	

	0,00
Pan	0,00
Oven	0,00
Fridge	0,00
Mix	0,00
Toaster	0,00

Name	
Marguerita Pizza Frozen	https://www.oetker.com.my/products/p

Portions	Prep Time	Difficulty
1		

CO2 production

SuEatableLife (users)			Agribalyse (LCA methodology)		Product	Quantity	Uni	Origins
CO2/Kg(L)	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2				
					Cheese	70,8	g	ITA
0,62					Salt	1	g	PT
1,31					Dried basil	1	g	PT
3,20					Tomato puree	91,45	g	ITA

26,69	Agribalyse (C(	(Agribase, Whole wheat toast)

0,98

Alternatives

ALMOND MILK	0,42
COCONUT MILK	0,41
RICE MILK	0,66
SOY MILK	0,78

Wheat flour	113	g	PT
Fresh Basil	3	g	PT
Rapeseed oil	14,75	ml	PT

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0	0	1,8	Pan (15 min)	0,207	
0	0	0,67	Oven 45 min	0,207	200C
0		0,232	Fridge	0,207	
0		0,5	Mixer		
0		1	Toaster	0,207	

/ristorante-pizza-margherit 295 g Assumption: 5 days in freezer

C

SuEatableLife

	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**
	11,5	0,8142	Nijdal et al 20	3186	225,5688	Water Calculator		0,58056	8,20
		0			0			0,00061	0,61
		0			0			0,00155	
	0,8	0,07316	Poore & Nem	204	18,6558	Water Calculator		0,0942941	1,03

3,9	0,4407	Poore & Nem	1841	208,033	Water Calculator	0,05876	0,52
	0			0		0,00243	
26,3	0,387925	Poore & Nem	14400	212,4	Water Footprint	0,02634409	1,79
	1,72			**665**			

0,76
0,84

	0,08
Pan	0,00
Oven	0,08
Fridge	0,00
Mix	0,00
Toaster	0,00
Freezer	0,04

Freezer CO2		Days in freeze
0,04		5

Name
Pastel de nata

adjust oven time

Portions	Prep Time	Difficulty

O2 production

[(users)] [Agribalyse (LCA methodology)]

	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
Mozzarella				
Salt				
			1,55	(Agribalyse, dried basil)

Product	Quantity	Uni	Origins	
Milk	14	g	BE	
Heavy Cream	9	g	PT	
Sugar	8	g	PT	
Egg yolks	5	g	PT	
Puff pastry	100	g	PT	

		Flour		1	g	PT
		Vanilla extract		2	ml	MG
		Zest of lemon		1	10	g
0,81	(Agribalyse, Fresh Basil)	Cinnamon stick		1		

Total

Total + cooking

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0	0	1,8	Pan (15 min)	0,207	
15	19	0,67	Oven 45 min	0,207	200C
0		0,232	Fridge	0,207	
0		0,5	Mixer		
0		1	Toaster	0,207	

Effect per day				Shared with other items
0,8109589	296	Freezer	0,207	20

CO2 productio

SuEatableLife (users)

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**
1,5	0,021	Nijdal et al 20	1066	15	Water Calculator		0,01827	1,31	Cow milk
6,5	0,0585	Nijdal et al 20	5553	50	Water Calculator		0,04905	5,45	Cream
2,0	0,016	Poore & Nem	1782	14	WaterFootprint.Org		0,00498936	0,62	Cane sugar
0	0	Nijdal et al 20	3283	16	Water Calculator		0,016	3,20	EGGS*
6,5	0,65	Nijdal et al 20	5553	555	Water Calculator		0,4	0,02	

3,9	0,0039	Poore & Nem	1841	2	Water Calculator	0,00052	0,52	WHEAT PLAIN
	0					0,0023	4,30	Vanilla
0,9	0,00882	Poore & Nem	637	1	Water Calculator	0,0022	0,22	
	0					0,00815		

		0,50
0,76	**653**	**0,56**

		Cooking CO2
	0,06	Cooking time
Pan	0,00	0
Oven	0,06	10
Fridge	0,00	0
Mix	0,00	0
Toaster	0,00	0

Name
Pastel de nata vegan

Please check cinnamon (how many grams)

Portions	Prep Time	Difficulty

n

[Agribalyse (LCA methodology)]

Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
Almond milk	0,42	
soy cream	1,62	
	4	(Agribalyse, Puff pastry or cheese fries)

Product	Quantity	Uni	Origins		Land use (m2) per kg/FU
Coconut milk	9	g	BE		1,5
Vegetal Heavy C	9	g	PT		6,5
Brown sugar	5	g	PT		2,0
Puff pastry	100	g	PT		6,5
Corn flour	1	g	PT		2,9

FLOUR	1,24	(Agribase, Whole wheat toast)	Vanilla extract	2	ml	MG	
	1,15	(agribalyse, Vanilla, aqueous extract	Peel of lemon	1	20 g		0,9
			Cinnamon stick	1	10 g		
	8,15	(Agribalyse, Cinnamon, powder)	Turmeric	1			
			Salt	1			
			Cinnamon powd	1	1 g		

Total	131
Total + cooking	

Portion size	50	Please adjust portion size

(min/60*kWh*energy intensity DK)

Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees	Reference
0	1,8	Pan (15 min)	0,207		
16	0,67	Oven 45 min	0,207	200C	Coking time
	0,232	Fridge	0,207		
	0,5	Mixer			
	1	Toaster	0,207		

							CO2 production		
							SuEatableLife (users)		Agribalyse (LC
Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1
0,0135	Nijdal et al 20	1066	10	Water Calculator		0,00371358	0,41		
0,0585	Nijdal et al 20	5553	50	Water Calculator		0,01458	1,62		
0,01	Poore & Nem	1782	9	WaterFootprint.Org		0,0031	0,62	Cane sugar	
0,65	Nijdal et al 20	5553	555	Water Calculator		0,4	0,00		
0,0029	Poore & Nem	1274	1	Water Calculator		0,00131	1,31		

0					0,0023	4,30	Vanilla
0,00882	Poore & Nem	637	1	Water Calculator	0,0044	0,22	
0					0,00815		
					0,00815	0,00	
0					0,00061	0,61	
0					0,00815		

		0,45
0,74	**626**	**0,51**
		0,17
		0,20

		Cooking CO2 (min/60*kWh	
	0,06	Cooking time	Pre-heat (mir
Pan	0,00	0	0
Oven	0,06	10	16
Fridge	0,00	0	
Mix	0,00	0	
Toaster	0,00	0	

Name
Tap water

:A methodology)

CO2/Kg(L)	Link to Reference 2

Product	Quantity	Uni
Tap water	200	g

Land use (m2) per kg/FU	Land use (m2) per meal quantity

4	(Agribalyse, Puff pastry or cheese fries)

1,15	(agribalyse, Vanilla, aqueous extract
8,15	(Agribalyse, Cinnamon, powder)
8,15	Agribalyse, Turmeric Powder)
8,15	(Agribalyse, Cinnamon, powder)

ı*energy intensity DK)

Effeckt (kWh)	Cooking type	Energy intens	Degrees	Reference
1,8	Pan (15 min)	0,207		
0,67	Oven 45 min	0,207	200C	Coking time
0,232	Fridge	0,207		
0,5	Mixer			
1	Toaster	0,207		

CO2 production

[SuEatableLife (users)] [Agribalyse (LCA methodolo]

Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**
	3,63	0,726	https://www.nature.com/articles/npre.2		0	0,00			
					0	0,00			

0,00
0,00

		Cooking CO2 (min/60*kWh*energy inte			
	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	
Pan	0,00	0	0	1,8	
Oven	0,00	0	0	0,67	
Fridge	0,00	0		0,232	
Mix	0,00	0		0,5	
Toaster	0,00	0		1	

Name
Bottled water

This CO_2 value is not included, see value in cell BQK4

gy)

Link to Reference 2

Product	Quantity	Uni
Tap water	200	g

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference

nsity DK)

Cooking type	Energy intens	Degrees
Pan (15 min)	0,207	
Oven 45 min	0,207	200C
Fridge	0,207	
Mixer		
Toaster	0,207	

							CO2 production			
						SuEatableLife (users)		Agribalyse (LCA methodology)		
Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference		**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
3,61	0,722	https://www.nature.com/articles/npre.2			0	0,00				

0,00
0,00

		Cooking CO2 (min/60*kWh*energy intensity DK)				
	0,00		Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type
Pan	0,00		0	0	1,8	Pan (15 min)
Oven	0,00		0	0	0,67	Oven 45 min
Fridge	0,00		0		0,232	Fridge
Mix	0,00		0		0,5	Mixer
Toaster	0,00		0		1	Toaster

Name
Black tea

Product	Quantity	Uni
Black tea	200	g

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)
			341

Energy intens	Degrees
0,207	
0,207	200C
0,207	
0,207	

CO2 production

Water Use (Stress-Weighted) (L/FU) per meal	Reference	CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
				SuEatableLife (users)		Agribalyse (LCA methodology)		
68,2	https://www.sciencedirect.com/science/		0,008	0,00			0,04	Agribalyse, Black tea, brewe

0,01
0,03

		Cooking CO2 (min/60*kWh*energy intensity DK)				
	0,02	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens
Pan	0,00	0	0	1,8	Pan (15 min)	0,207
Oven	0,00	0	0	0,67	Oven 45 min	0,207
Fridge	0,00	0		0,232	Fridge	0,207
Mix	0,00	0		0,5	Mixer	
Toaster	0,00	0		1	Toaster	0,207
Boiler	0,02	3		2	Water kettle	0,207

Name
Black tea with milk

	Product	Quantity	Uni	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal
ed, unsweetened	Black tea	150	g				341	51,15
	Milk	50		1,5	0,075	Nijdal et al 20	1066	53,3

0,075	104,45

Degrees

200C

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

Reference		CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
https://www.sciencedirect.com/science/			0,006				0,04	Agribalyse, Black tea, brewed, unsweeter
Water Calcul	0		0,059	1,31	COW MILK		1,18	Skimmed milk

0,04	Agribalyse, Black tea, unsweetened

0,07
0,07

		Cooking CO2 (min/60*kWh*energy intensity DK)					
	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer	0,207	
Toaster	0,00	0		1	Toaster	0,207	
Boiler	0,02	3		2	Water kettle	0,207	

Name
Skimmed milk

	Product	Quantity	Uni		Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
ıed								341	0	https://www.
	Milk	200			1,5	0,3	Nijdal et al 20	1066	213,2	Water Calcula
						0,3			213,2	

CO2 production

		SuEatableLife (users)		Agribalyse (LCA methodology)		
CO2 Importance/ Most impact	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**	Comments, Reference 1	**CO2/Kg(L)**	Link to Reference 2
sciencedirect.com/science/	0	0,00				
ator	0,236	1,49	Whole milk		1,18	Skimmed milk

0,24
0,24

		Cooking CO2 (min/60*kWh*energy intensity DK)					
	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Name
Almond Milk

Product	Quantity	Uni

			Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference
Almond Milk	200		0,125			75		https://sites.google.com/vi

Name
Oat milk

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2 Importance/ Most impact	CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
	0	0,00				
ew/gadis-nan	0,08358056	0,42	ALMOND MILK			

Product
Oat milk

0,08
0,08

Cooking CO2 (min/60*kWh*energy intensity DK)

	0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
Pan	0,00	0	0	1,8	Pan (15 min)	0,207	
Oven	0,00	0	0	0,67	Oven 45 min	0,207	200C
Fridge	0,00	0		0,232	Fridge	0,207	
Mix	0,00	0		0,5	Mixer		
Toaster	0,00	0		1	Toaster	0,207	

Quantity	Uni	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**
200		0,166666667			10		https://sites.google.com/view/gadis-nan	

Pan
Oven
Fridge
Mix
Toaster

Name	
Croissant	https://bakin

Portions	Prep Time
1	

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
0		0,00			
0,108		0,42 ALMOND MILK		0,54	(Agribalyse, Oat-based drink, plain)
0		0,41 COCONUT MILK			
		0,66 RICE MILK			
		0,78 SOY MILK			

Product	Quantity
Milk	16,26666667
Butter	9
Sugar	5,257333333
Egg yolks	4
Flour	33,33333333

Salt	0,733333333
Dry yeast	0,017592593

0,11	**Total**
0,11	**Total + cooking**

Cooking CO2 (min/60*kWh*energy intensity DK)

0,00	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,00	0	0	1,8	Pan (15 min)	0,207	
0,00	0	0	0,67	Oven 45 min	0,207	200C
0,00	0		0,232	Fridge	0,207	
0,00	0		0,5	Mixer		
0,00	0		1	Toaster	0,207	

gamoment.com/easy-homemade-croissant-recipe/#recipe

Difficulty

Uni	Origins	Protein	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference		CO2 Importance/ Most impact
g	BE		1,5	0,0244	Nijdal et al 20	1066	17	Water Calculator		
g	PT		6,5	0,0585	Nijdal et al 20	5553	50	Water Calculator		
g	PT		2,0	0,01051467	Poore & Nem	1782	9	WaterFootprint.Org		
g	PT		0	0	Nijdal et al 20	3283	13	Water Calculator		
g	PT		3,9	0,13	Poore & Nem	1841	61	Water Calculator		

g MG 0

g 0

0,22	151

Pan
Oven
Fridge
Mix
Toaster

Name	
Cinnamon Roll	https://www.allrecipes.com/recipe/2419

Portions	Prep Time	Difficulty
1		

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2 (g/ml) this meal	CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2	Product	Quantity	Uni	Origins
0,021228		1,31	COW MILK	0,54	(Agribalyse, Oat-based drin	Milk	10,20277778	g	BE
0,07632		8,48	BUTTER*			Butter	5,638888889	g	PT
0,00327884		0,62	CANE SUGAR			Cream cheese	22	g	
0,0128		3,20	EGGS*			Sugar	34,72222222	g	PT
0,01733333		0,52	COCOA CAKES AND CROISSANT**			Egg yolks	3,333333333	g	PT

0,00044733	0,61
0,00005795	3,29 YEAST DRIED*

Flour	13,88888889	g		PT
Salt	1	g		MG
Baking powder	1	g		
Cinnamon	1	g		
Vanilla extract				

0,13

0,18

Total

Total + cooking

Cooking CO2 (min/60*kWh*energy intensity DK)

0,05	Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees
0,00	0	0	1,8	Pan (15 min)	0,207	
0,05	5	16	0,67	Oven 5 min +	0,207	200C
0,00	0		0,232	Fridge	0,207	
0,00	0		0,5	Mixer		
0,00	0		1	Toaster	0,207	

17/quick-cinnamon-rolls/

	Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference		CO2 Importance/ Most impact	CO2 (g/ml) this meal
	1,5	0,01530417	Nijdal et al 20	1066	11	Water Calculator			0,01331463
	6,5	0,03665278	Nijdal et al 20	5553	31	Water Calculator			0,04781778
	6,5	0,143	Nijdal et al 20	5553	122	Water Calculator			0,0748
	2,0	0,06944444	Poore & Nem	1782	62	WaterFootprint.Org			0,02165521
	0	0	Nijdal et al 20	3283	11	Water Calculator			0,01066667

3,9	0,05416667	Poore & Nem	1841	26 Water Calculator	0,00722222
	0				0,00061
	0				0,00561
	0				0,00815
	0				0,0043

0,32	**263**	0,19
		0,31

	0,12
Pan	0,00
Oven	0,12
Fridge	0,00
Mix	0,00
Toaster	0,00

Name
Popcorn homemade

https://www.simplyrecipes.com/recipes/perfect_popc

Portions	Prep Time	Difficulty
1		

CO2 production

SuEatableLife (users) Agribalyse (LCA methodology)

CO2/Kg(L)	CO2/Kg(L)	Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
1,31	COW MILK			
8,48	BUTTER*			
3,40	RICOTTA			
0,62	CANE SUGAR			
3,20	EGGS*			

Product	Quantity	Uni	Origins	
Butter	*3,6*			
Sunflower oil	4			
Corn	36			

0,52	WHEAT PLAIN FLOUR		
0,61			
		5,61	Agribalyse, Baking powder or baking powder
		8,15	Agribalyse, Cinnamon, powder
4,30	VANILLA	1,15	Agribalyse, Vanilla, alcoholic extract
		1,15	Agribalyse, Vanilla, aqueous extract

Cooking CO2 (min/60*kWh*energy intensity DK)

Cooking time	Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intens	Degrees	
0	0	1,8	Pan (15 min)	0,207		
35	15	0,67	Oven 20 min	0,207	180 C	https://www.bbcgoodfood.com/recipes/cinnamon-roll
0		0,232	Fridge	0,207		
0		0,5	Mixer			
0		1	Toaster	0,207		

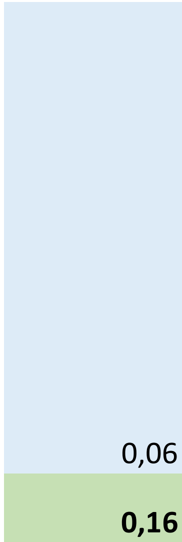
orn/

CO2 productio

SuEatableLife (users)

Land use (m2) per kg/FU	Land use (m2) per meal quantity	Reference	Water Use (Stress-Weighted) (L/FU)	Water Use (Stress-Weighted) (L/FU) per meal	Reference	**CO2 Importance/ Most impact**	**CO2 (g/ml) this meal**	**CO2/Kg(L)**	**CO2/Kg(L)**
6,5	0,0234	Nijdal et al 20	5553	20	Water Calculator		0,030528	8,48	BUTTER*
17,7	0,0708	Poore & Nem	1008	4,032	Poore & Nemecek 2018		0,0039384	0,98	SUNFLOWER
2,9	0,1044	Poore & Nem	1274,33628	45,8761062	Water Calculator		0,02916	1,36	CORN CANNE
								0,00	0
								0,00	0

0,1986	69,8989062


0,06
0,16

s

		Cooking CO2
	0,09	Cooking time
Pan	0,09	10
Oven	0,00	0
Fridge	0,00	0
Mix	0,00	0
Toaster	0,00	0

n

[Agribalyse (LCA methodology)](#)

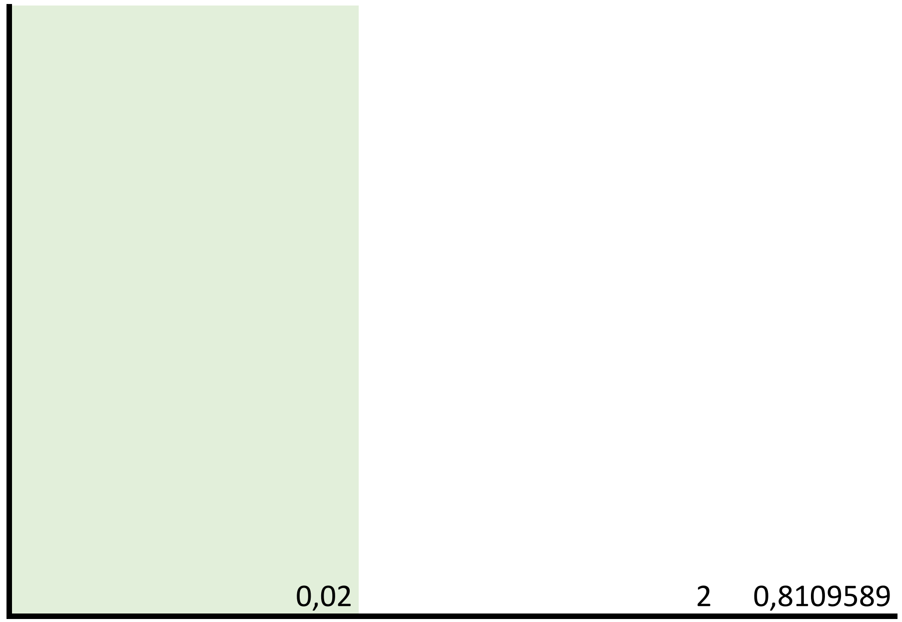
Comments, Reference 1	CO2/Kg(L)	Link to Reference 2
OIL		
D	0,81	[Agribalyse, Whole corn, raw](#)

Item		Amount	CO2 per unit
Tap water			0
Bottled water		0,2	0,054
Sparkling water		0,2	0,054
Fresh orange juice		0,2	0,0625875
Orange juice		0,2	0,0922
Apple Juice		0,2	0,568
Black tea and skimmed milk	0,07	0,5	0,0325
Cola Light		0,33	0,1683
Cola normal		0,33	0,1683
Whole milk		0,2	0,298

Skimmed milk	0,2	0,236
Espresso	0,025	0,01475
Sparkling wine	0,15	0,1845
Cognac	0,044	0,04532
Vermouth	0,15	0,1635
Sweet wine	0,15	0,1635
White wine	0,15	0,1845

Rosé wine	0,15	0,1785
Red wine	0,15	0,1785
Gin & tonic	0,05	0,0255
	0,10	0,103
		0,02
CO2 G&T	0,15	**0,14528685**
Espresso	0,02	0,0118

Freezer CO2	Days in freeze	Effect per day



(min/60*kWh*energy intensity DK)

Pre-heat (mir	Effeckt (kWh)	Cooking type	Energy intensity DK	
5	1,8	Pan (15 min)	0,207	https://www.simplyrecipes.com/recipes/perfect_popcorn/
0	0,67	Oven 45 min	0,207	
	0,232	Fridge	0,207	
	0,5	Mixer		
	1	Toaster	0,207	

Cooking/pressing			
			Assumption that tap water is close to zero
		0,27	Agribalyse, Bottled spring water
		0,27	Agribalyse, Ogeu spring water, bottled, lightly mineralized (Ogeu, 64)Ogeu spring water, bottled, lightly mineralized (Ogeu, 64)
	0,003	0,30	Petersson
		0,46	Petersson
		2,84	Petersson
			Petersson
		0,51	Agribase (cola with sugar)
		0,51	Agribase (Cola, sweetened, with sweeteners)
		1,49	Whole milk

1,18	Skimmed milk
0,59	Espresso coffee, non-instant,
1,23	Agribalyse, Sparkling white wine
1,03	Agribalyse, Wine brandy, Armagnac type, cognac
1,09	Agribalyse, Aperitif based on wine or vermouth
1,09	Agribalyse, Sweet wine
1,23	Agribalyse, Dry white wine

1,19	Agribalyse, Rose wine
1,19	Agribalyse, red wine

0,51	Agribalyse, Tonic or bitter, unsweetened, with sweeteners
1,03	Agribalyse, Gin
	Ice cubes (48 hours in freezer)
	Total
0,59	Agribalyse, Coffee espresso

Shared with other items

296	Freezer	0,207	20

neralized (Ogeu, 64)