



Performance



Accessibility



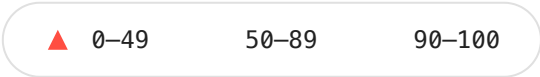
Best Practices



SEO



progressive web app



Performance

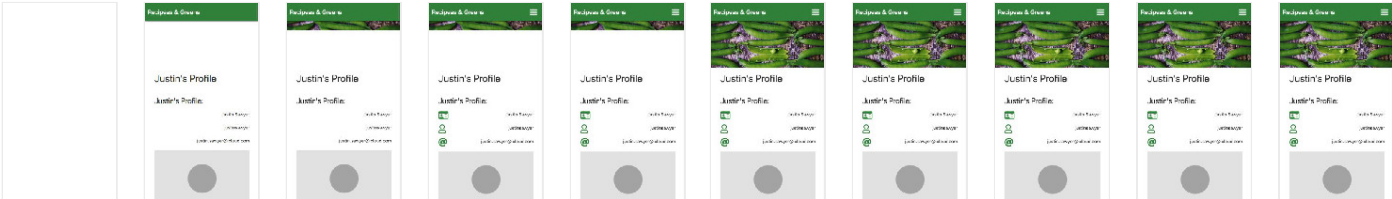
Metrics



First Contentful Paint	2.1 s	Time to Interactive	5.8 s
Speed Index	3.2 s	Total Blocking Time	190 ms
▲ Largest Contentful Paint	6.6 s	Cumulative Layout Shift	0.084

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

View Original Trace



Opportunities — These suggestions can help your page load faster. They don't [directly affect](#) the performance score.

Opportunity	Estimated Savings
▲ Properly size images	68.7 s
▲ Eliminate render-blocking resources	0.8 s
Remove unused JavaScript	0.15 s

Diagnostics — More information about the performance of your application. These numbers don't [directly affect](#) the performance score.

▲ Avoid enormous network payloads — Total size was 15,917 KiB	▼
▲ Does not use passive listeners to improve scrolling performance	▼

▲ Image elements do not have explicit width and height	▼
▲ Serve static assets with an efficient cache policy — 20 resources found	▼
▲ Minimise main-thread work — 4.2 s	▼
Avoid chaining critical requests — 9 chains found	▼
Keep request counts low and transfer sizes small — 30 requests • 15,917 KiB	▼
Largest contentful paint element — 1 element found	▼
Avoid large layout shifts — 5 elements found	▼
Avoid long main-thread tasks — 13 long tasks found	▼
Passed audits (24)	▼



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

Contrast — These are opportunities to improve the legibility of your content.

▲ Background and foreground colours do not have a sufficient contrast ratio.	▼
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Navigation — These are opportunities to improve keyboard navigation in your application.

▲ Heading elements are not in a sequentially-descending order	▼
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Names and labels — These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, such as a screen reader.

▲ Links do not have a discernible name	▼
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Additional items to manually check (10) — These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

Passed audits (9)	▼
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Not applicable (32)	▼
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Best Practices

Trust and safety

▲ Does not use HTTPS — 5 insecure requests found

User experience

▲ Serves images with low resolution

General

▲ Browser errors were logged to the console

▲ Issues were logged in the [Issues](#) panel in Chrome Devtools

Passed audits (13)

Not applicable (1)



SEO

These checks ensure that your page is optimised for search engine results ranking. There are additional factors that Lighthouse does not check that may affect your search ranking. [Learn more.](#)

Content Best Practices — Format your HTML in a way that enables crawlers to better understand your app's content.

▲ Document does not have a meta description

Crawling and Indexing — To appear in search results, crawlers need access to your app.

▲ Links are not crawlable

Mobile friendly — Make sure that your pages are mobile friendly so users don't have to pinch or zoom in order to read the content pages. [Learn more.](#)

Tap targets are not sized appropriately — 90% appropriately sized tap targets

Additional items to manually check (1) — Run these additional validators on your site to check additional SEO best practices.

Passed audits (9)

Not applicable (2) ▼

progressive web app

These checks validate the aspects of a progressive web app. [Learn more.](#)

Installable

- ▲ Web app manifest does not meet the installability requirements — 1 reason ▼

PWA Optimised

- ▲ Does not register a service worker that controls page and `start_url` ▼
- ▲ Does not redirect HTTP traffic to HTTPS ▼
- ▲ Is not configured for a custom splash screen **Failures: No manifest was fetched.** ▼
- ▲ Does not set a theme colour for the address bar.
Failures: No manifest was fetched, No `<meta name="theme-color">` tag found. ▼
- Content is sized correctly for the viewport ▼
- Has a `<meta name="viewport">` tag with `width` or `initial-scale` ▼
- Provides a valid `apple-touch-icon` ▼
- ▲ Manifest doesn't have a maskable icon **No manifest was fetched** ▼

- Additional items to manually check (3)** — These checks are required by the baseline [PWA checklist](#) but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually. ▼

Runtime settings

URL	http://recipeas-and-greens.herokuapp.com/profile?username=justinsawyer
Fetch time	12 Apr 2021, 15:56 CEST
Device	Emulated Moto G4
Network throttling	150 ms TCP RTT, 1,638.4 Kbps throughput (Simulated)
CPU throttling	4x slowdown (Simulated)
Channel	devtools

User agent (host)	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_13_6) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/89.0.4389.114 Safari/537.36
User agent (network)	Mozilla/5.0 (Linux; Android 7.0; Moto G (4)) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/84.0.4143.7 Mobile Safari/537.36 Chrome-Lighthouse
CPU/Memory power	916
Axe version	4.1.1

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