

What's (*the* *impact of*) Gaby Cooking?

An interactive and instructive
look into popular recipes
from *whatsgabycooking.com*

By Samuel Robbins

Design

This app is for people who...



Love to
cook but can't
decide on what
to make

Are curious about
where their nutrients
are coming from

Want to know the
environmental impact
of their cooking
choices

Data Pipeline

a) Web scrape from whatsgabycooking.com

b) API Calls from:

- Spoonacular - *ingredient information*
- ClimatIQ - *climate impact*



spoonacular API



climatiq



Data Pipeline

- Standardize ingredient lists, time estimates, etc.
- Gather data from API calls into single and grouped data frames



Data Pipeline



- MongoDB/Atlas (and PyMongo) for database management



Data Pipeline



- Deploy interactive recipe dashboard to Streamlit



Data Pipeline



Data Example

From Web Scrape:

```
{ 'course' : <str>,  
  'cuisine' : <str>,  
  'ingredients' : { 'amount': <str>,  
                    'name' : <str>,  
                    'unit' : <str> },  
  'instructions' : [<str>,<str>,etc.],  
  'time' : <str>,  
  'title' : <str>,  
  'url' : <str> }
```



Data Example

From Web Scrape:

```
{ 'course' : <str>,  
  'cuisine' : <str>,  
  'ingredients' : { 'amount': <str>,  
                    'name' : <str>,  
                    'unit' : <str>},  
  'instructions' : [<str>,<str>,etc.],  
  'time' : <str>,  
  'title' : <str>,  
  'url' : <str> }
```

From Spoonacular API:

Input

```
$ api.parse_ingredients(INGREDIENT)
```

Output

```
{ 'original' : <INGREDIENT>,  
  'estimatedCost' : {...},  
  'aisle' : <str>,  
  'nutrition' : {...},  
  ... }
```



Data Example



Source: NYTimes.com

From Web Scrape:

```
{ 'course' : <str>,  
  'cuisine' : <str>,  
  'ingredients' : { 'amount': <str>,  
                    'name' : <str>,  
                    'unit' : <str> },  
  'instructions' : [<str>, <str>, etc.],  
  'time' : <str>,  
  'title' : <str>,  
  'url' : <str> }
```

From Spoonacular API:

Input

```
$ api.parse_ingredients(INGREDIENT)
```

Output

```
{ 'original' : <INGREDIENT>,  
  'estimatedCost' : {...},  
  'aisle' : <str>,  
  'nutrition' : {...},  
  ... }
```

From ClimatIQ API:

Input

```
{ 'emission_factor' : based on AISLE,  
  'parameters' : { 'money': <ESTIMATEDCOST>,  
                  'money_unit' : <str> }  
}
```

Output

```
{ 'co2e' : <float>,  
  'co2e_unit' : <str>,  
  'constituent_gases' : {...},  
  ... }
```

Data Example

From Web Scrape:

```
{ 'course' : <str>,  
  'cuisine' : <str>,  
  'ingredients' : { 'amount': <str>,  
                    'name' : <str>,  
                    'unit' : <str> },  
  'instructions' : [<str>,<str>,etc.],  
  'time' : <str>,  
  'title' : <str>,  
  'url' : <str> }
```

From Spoonacular API:

Input

```
$ api.parse_ingredients(INGREDIENT)
```

Output

```
{ 'original' : <INGREDIENT>,  
  'estimatedCost' : {...},  
  'aisle' : <str>,  
  'nutrition' : {...},  
  ... }
```

From ClimateIQ API:

Input

```
{ 'emission_factor' : based on AISLE,  
  'parameters' : { 'money': <ESTIMATEDCOST>,  
                   'money_unit' : <str> }  
}
```

Output

```
{ 'co2e' : <float>,  
  'co2e_unit' : <str>,  
  'constituent_gases' : {...},  
  ... }
```

Recipe	Ingredient	Category /Aisle	Nutrient A	Nutrient B	Nutrient etc.	Cost	co2e
<str>	<str>	<str>	<str>	<str>	<str>	<float>	<float>

Data Example

Add to MongoDB

From Web Scrape:

```
{ 'course' : <str>,  
  'cuisine' : <str>,  
  'ingredients' : { 'amount': <str>,  
                    'name' : <str>,  
                    'unit' : <str> },  
  'instructions' : [<str>,<str>,etc.],  
  'time' : <str>,  
  'title' : <str>,  
  'url' : <str> }
```

From Spoonacular API:

Input

\$ api.parse_ingredients(INGREDIENT)

Output

```
{ 'original' : <INGREDIENT>,  
  'estimatedCost' : {...},  
  'aisle' : <str>,  
  'nutrition' : {...},  
  ... }
```

From ClimatIQ API:

Input

```
{ 'emission_factor' : based on AISLE,  
  'parameters' : { 'money': <ESTIMATEDCOST>,  
                   'money_unit' : <str> }  
}
```

Output

```
{ 'co2e' : <float>,  
  'co2e_unit' : <str>,  
  'constituent_gases' : {...},  
  ... }
```

Add to MongoDB

Recipe	Ingredient	Category /Aisle	Nutrient A	Nutrient B	Nutrient etc.	Cost	co2e
<str>	<str>	<str>	<str>	<str>	<str>	<float>	<float>

Welcome to the WhatsGabyCooking Interactive Dashboard!

This app is for those who love to cook but can't for the life of them decide what to make. Users will be provided a random recipe - with ingredients and instructions - in addition to useful graphics on the nutrition breakdown of the recipe and the carbon emissions it takes to produce. With over 1000 unique recipes for the app to choose from, feel free to loop through until you find a recipe you like, with a footprint you can feel good about. Happy Cooking!

Choose a random recipe below:

Hit for Random Recipe

Disclaimer

All recipes presented here are the sole
IP and trademarks of
whatsgabycooking.com

Made with Streamlit



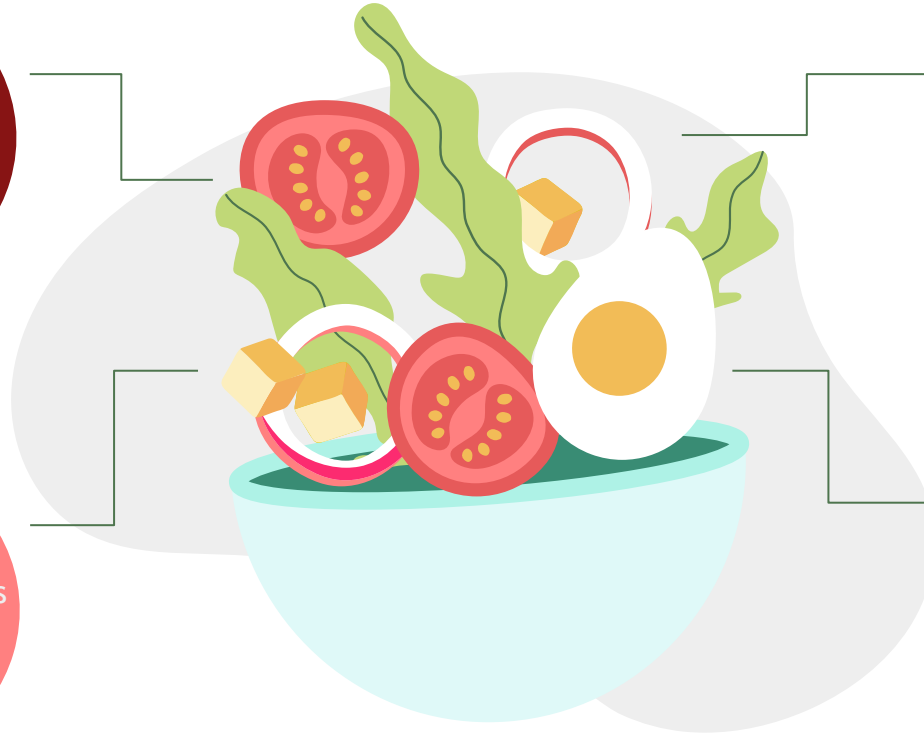
Future Improvements

Add dropdown menus for cuisine, time, course, etc. to narrow recipe suggestions

Add options to choose which nutrients plots you see

Add more recipes from other sources to broaden selection

Add an option for drink pairings





Questions?