

Vegetable Sandwich

Sr. No	Ingredients	Quantity (gms)	Water Footprint (gm/kg)	CO2 Emitted (gm/kg)	Net Water Footprint (gms)	Net CO2 Emission (gms)
1	Bread	75	1608	839	120.6	62.925
2	Potato	125	287	331	35.875	41.375
3	Cucumber	110	353	132	38.83	14.52
4	Onion	100	345	88	34.5	8.8
5	Tomato	60	214	243	12.84	14.58
6	Butter	34	5553	1170	188.802	39.78
7	Chilli Pepper Dry	1	7365	13090	7.365	13.09
8	Tomato Ketchup*	11	534	2251	5.874	24.761
9	Corairnder Leaves	20	8280	110	165.6	2.2
10	Green Chilli	5	379	265	1.895	1.325
Total					612.181	223.356

Vegetable Pizza

Sr. No	Ingredients	Quantity (gms)	Water Footprint (gm/kg)	CO2 Emitted (gm/kg)	Net Water Footprint (gms)	Net CO2 Emission (gms)
1	Pizza Base	100	1850	728	185	72.8
2	Olive oil	18	14722	1356	264.996	24.408
3	Tomato	160	214	243	34.24	38.88
4	Garlic	5	589	949	2.945	4.745
5	Green Chillies	5	379	265	1.895	1.325
6	Onion	30	345	88	10.35	2.64
7	Tomato	30	214	243	6.42	7.29
8	Olives (Green)	10	3015	287	30.15	2.87
9	Cheese	15	5060	8870	75.9	133.05
10	Pepper Dry	2	7365	13090	14.73	26.18
11	Spices	5	5247	11097	26.235	55.485
Total					652.861	369.673

Cheese Garlic Sandwich

Sr. No	Ingredients	Quantity (gms)	Water Footprint (gm/kg)	CO2 Emitted (gm/kg)	Net Water Footprint (gms)	Net CO2 Emission (gms)
	Bread	75	1608	839	120.6	62.925
	Garlic	11	589	949	6.479	10.439
	Cheese	28	5060	8870	141.68	248.36
	Onion	50	345	88	17.25	4.4
	Carrot	25	195	110	4.875	2.75
	Butter	34	5553	1170	188.802	39.78
	Chilli Pepper Dry	2	7365	13090	14.73	26.18

Tomato Ketchup	11	534	2251	5.874	24.761
Capsicum	20	354	252	7.08	5.04
Green Chilli	5	379	265	1.895	1.325
		Total		509.265	425.96