

# Performance

Metrics



First Contentful Paint	0.5 s	Time to Interactive	0.5 s
Speed Index	0.5 s	Total Blocking Time	0 ms
▲ Largest Contentful Paint	3.5 s	Cumulative Layout Shift	0.003

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	3.24 s
Eliminate render-blocking resources	0.19 s

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

▲ Ensure text remains visible during webfont load	▼
▲ Does not use passive listeners to improve scrolling performance	▼
▲ Serve static assets with an efficient cache policy — 16 resources found	▼

- ▲

Avoid enormous network payloads — Total size was 4,304 KiB

▼
- Avoid chaining critical requests — 9 chains found

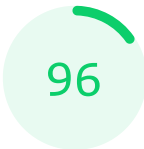
▼
- Keep request counts low and transfer sizes small — 27 requests • 4,304 KiB

▼
- Largest contentful paint element — 1 element found

▼
- Avoid large layout shifts — 5 elements found

▼

Passed audits (27) ▼



## 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.

**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

▼

**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 (13) ▼

Not applicable (30) ▼



## Best Practices

### General

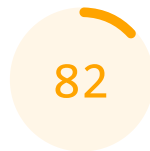
- ▲

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

▼

Passed audits (16) ▼

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.

▲ robots.txt is not valid **Lighthouse was unable to download a robots.txt file**

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

**Passed audits (9)**

**Not applicable (3)**



## 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`

Redirects 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 <code>&lt;meta name="viewport"&gt;</code> tag with <code>width</code> or <code>initial-scale</code>	✓
▲ Does not provide a valid <code>apple-touch-icon</code>	✓
▲ Manifest doesn't have a maskable icon <b>No manifest was fetched</b>	✓
<b>Additional items to manually check (3)</b> — These checks are required by the baseline <a href="#">PWA checklist</a> 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	https://plum-recipes.herokuapp.com/profile/seanyoung
Fetch time	17 Mar 2021, 01:19 GMT
Device	Emulated desktop
Network throttling	40 ms TCP RTT, 10,240 Kbps throughput (Simulated)
CPU throttling	1x slowdown (Simulated)
Channel	devtools
User agent (host)	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/89.0.4389.82 Safari/537.36
User agent (network)	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_14_6) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/84.0.4143.7 Safari/537.36 Chrome-Lighthouse
CPU/Memory power	1892
Axe version	4.1.1

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