

Reshare

Team 5

Team Members and Roles

- Robert - Backend, Frontend
 - Ziming - Backend
 - Arden - Backend, Frontend, Database
 - Jeffrey - Backend
-

Vision Statement

For environmentally conscious foodies who want to reduce their carbon footprint, Reshare is a sustainable recipe-sharing platform that allows users to create and find eco-friendly meals along with their estimated carbon emissions of recipes. Unlike conventional recipe apps that focus solely on taste and convenience, our product prioritizes sustainability, creating a positive impact on both the planet and way people think about the meals they eat.

What is Reshare?

- Reshare's goal is to foster a community of users who create, share, and discover recipes that have been given a carbon emission estimate through our sustainability evaluation system.
 - Features:
 - User authentication
 - Recipe creation
 - Sustainability rating
 - Recipe bookmarking
 - Recipe discovery
-

Home Page

Reshare

Bookmarks

Create

Search

arden

Fried Chicken (Gnarly)

Created by @katseye

They could describe everything with one single word. This recipe (Gnarly). Fried chicken (Gnarly).

🕒 35 min

🍽 Servings 4

Ingredients:

1: 1 tsp black pepper

2: 0.5 cup bread crumbs

3: 20 oz chicken

4: 1 qty eggs

5: 0.5 cup milk

6: 1 tsp paprika

Chinese Pepper Steak

Created by @beck

A delicious pepper steak recipe served with boiled white rice — easy and made from items in your cupboards.

🕒 30 min

🍽 Servings 4

Ingredients:

1: 2 tbsp cornflour

2: 0.5 tsp ginger

3: 1 qty green peppers

4: 1 qty red onion

5: 0.25 cup soy sauce

6: 1 lb steak

LeBron's Taco Tuesday

Created by @legoatjames

This slow cooker chicken tacos recipe is easy to make with just 3 ingredients for flavorful, super tender, shredded chicken. Spoon the chicken into warm tortillas for a very tasty meal any day of the week.

🕒 6 hr and 10 min

🍽 Servings 8

Ingredients:

1: 1 tsp black pepper

2: 1 lb chicken

3: 1 cup chicken stock

4: 1 tbsp chili powder

Veggie Lo Mein

Created by @arden

This veggie lo mein is a budget-friendly combination of pasta, healthy veggies, and a slightly spicy-sweet sauce for a satisfying quick-and-easy meal.

🕒 30 min

🍽 Servings 4

Ingredients:

1: 2 tsp brown sugar

2: 1 qty carrot

3: 2 qty garlic clove

4: 1.5 tbsp hoisin sauce

5: 8 oz mushrooms

Classic, Hearty Beef Stew

Created by @arden

This hearty beef stew is rich, satisfying, and packed with tender beef, lots of vegetables, and fragrant herbs.

🕒 3 hr and 15 min

🍽 Servings 8

Ingredients:

1: 3 qty bay leaves

2: 2 lb beef

3: 2 cup beef stock

4: 1.5 tsp black pepper

5: 3 cup carrot

Grilled Garlic and Herb Shrimp

Created by @arden

This grilled garlic and herb shrimp recipe is very easy. Get the extra large shrimp so they can grill longer and get maximum caramelization.

🕒 3 hr

🍽 Servings 6

Fluffy French Toast

Created by @beck

The secret ingredient in this fluffy French toast recipe: all-purpose flour! Flour binds the liquids together, which creates a more traditional “batter” and helps prevent soggy results. This extra ingredient ensures the French toast is crispy on the outside

🕒 30 min

🍽 Servings 12

Peruvian-Style Roast Chicken

Created by @beck

This cumin- and paprika-spiced Peruvian-inspired chicken gets added punch from a tangy green sauce and a crisp, bright avocado and cucumber salad.

🕒 1 hr and 30 min

🍽 Servings 4

Caramelized Onion Pasta

Created by @arden

All you need for this outrageously tasty dinner is a bag of onions, a couple cloves of garlic, some dried pasta, and cheese.

🕒 55 min

🍽 Servings 4

Ingredients:


Recipe Cards


- Recipe cards contain:
 - Title
 - Author username
 - Short description
 - Time to make
 - Number of servings
 - Ingredients
 - Steps
 - Kg of CO₂ emitted
 - Bookmark button

Fried Chicken (Gnarly)

Created by [@katseye](#)

They could describe everything with one single word. This recipe (Gnarly). Fried chicken (Gnarly).

 35 min

 Servings 4

Ingredients:

- 1: 1 tsp black pepper
- 2: 0.5 cup bread crumbs
- 3: 20 oz chicken
- 4: 1 qty eggs
- 5: 0.5 cup milk
- 6: 1 tsp paprika

Ingredients:

- 1: 2 tbsp cornflour
- 2: 0.5 tsp ginger
- 3: 1 qty green peppers
- 4: 1 qty red onion
- 5: 0.25 cup soy sauce
- 6: 1 lb steak
- 7: 2 qty tomatoes
- 8: 3 tbsp vegetable oil
- 9: 2 tbsp white sugar

Steps:


1. Slice steak into 1/2-inch thick slices across the grain.
2. Whisk together soy sauce, sugar, cornflour, and ginger in a bowl until the sugar has dissolved and the

9: 1 tsp salt

10: 16 qty tortilla wrap

Steps:

1. Mix chili powder, cumin, salt, pepper, paprika, garlic powder, onion powder, red pepper flakes, and oregano together in a small bowl until combined.
2. Combine chicken stock and seasoning mix in a bowl.
3. Place chicken in a slow cooker. Pour chicken broth mixture over chicken
4. Cook on Low for 6 to 8 hours. Shred chicken with two forks.

 3.91 kgCO₂e



Sustainability Rating Calculation

- Used available database of ingredients and their estimated CO₂ emissions from My Emissions <https://myemissions.co/>
- Formula:

$$TotalCO_2Emitted(kg) = \sum_{i=1}^n \frac{Weight_i \times CF_i \times Amount_i \times CO_2PerGram_i}{1000}$$

where

- n = number of ingredients selected
 - i = index representing each ingredient
 - CF = conversion factor of selected weight to grams
-

Create Recipe

Create your Recipe

Recipe Title

Short Description

Ingredient 1

Amount

Select a weight

+ Add an ingredient

Step 1

+ Add a step

Hours

Minutes

Number of Servings

Create Recipe

Restore

Bookmarks

Create

Search

admin

Create your Recipe

Recipe Title

Short Description

Step 1

+ Add a step

Hours

Minutes

Number of Servings

Ingredient 1

Amount

Select a weight

+ Add an ingredient

Create Recipe

Recipe Created!

Your recipe has been successfully created.

The sustainability rating of your recipe is 40.08 kgCO₂e

OK

Bookmarks

© Reshare

🔖 Bookmarks

✍ Create

🔍 Search

arden ▾

Your bookmarked recipes:

8: 0.5 cup bread crumbs

9: 1 tsp black pepper

Steps:

1. In a shallow dish, mix together the garlic powder, pepper, salt, paprika, bread crumbs and flour. In a separate dish, whisk together the milk and egg.
2. Heat the oil in an electric skillet set to 350 degrees F (175 degrees C). Dip the chicken into the egg and milk, then dredge in the dry ingredients until evenly coated.
3. Fry chicken in the hot oil for about 5 minutes per side, or until the chicken is cooked through and juices run clear. Remove from the oil with a slotted spatula, and serve.

🍏 4.67 kgCO₂e



9: 1 cup chicken stock

10: 1 lb chicken

Steps:

1. Mix chili powder, cumin, salt, pepper, paprika, garlic powder, onion powder, red pepper flakes, and oregano together in a small bowl until combined.
2. Combine chicken stock and seasoning mix in a bowl.
3. Place chicken in a slow cooker. Pour chicken broth mixture over chicken.
4. Cook on Low for 6 to 8 hours. Shred chicken with two forks.

🍏 3.91 kgCO₂e



Search

[Reshare](#)[Bookmarks](#)[Create](#)[arden](#) 

Search Results for "chicken"

Fried Chicken (Gnarly)

Created by [@katseye](#)

They could describe everything with one single word. This recipe (Gnarly). Fried chicken (Gnarly).

 35 min

 Servings 4


Ingredients:

- 1: 1 cup vegetable oil
- 2: 1 tsp black pepper
- 3: 0.5 cup bread crumbs
- 4: 20 oz chicken
- 5: 1 qty eggs
- 6: 0.5 cup milk

LeBron's Taco Tuesday

Created by [@legoatjames](#)

This slow cooker chicken tacos recipe is easy to make with just 3 ingredients for flavorful, super tender, shredded chicken. Spoon the chicken into warm tortillas for a very tasty meal any day of the week.

 6 hr and 10 min

 Servings 8


Ingredients:

- 1: 1 cup chicken stock
- 2: 16 qty tortilla wrap
- 3: 1 tsp salt
- 4: 0.25 tsp red peppers

Peruvian-Style Roast Chicken

Created by [@beck](#)

This cumin- and paprika-spiced Peruvian-inspired chicken gets added punch from a tangy green sauce and a crisp, bright avocado and cucumber salad.

 1 hr and 30 min

 Servings 4

Ingredients:

- 1: 1 qty avocados
- 2: 1.75 tbsp salt
- 3: 1 tbsp paprika
- 4: 0.5 tsp oregano
- 5: 2 tbsp olive oil

Profile

 Reshare

 Bookmarks

 Create

 Search

arden

@arden

Recipes:

Slow Cooker Beef Stew

Created by @arden

This easy slow cooker beef stew recipe made with potatoes, carrots, celery, broth, herbs, and spices is hearty and comforting.

 4 hr and 20 min

 Servings 6

Ingredients:

1: 1 qty bay leaves

2: 2 lb beef

3: 1.5 cup beef stock

4: 0.5 tsp black pepper

5: 4 qty carrot

Veggie Lo Mein

Created by @arden

This veggie lo mein is a budget-friendly combination of pasta, healthy veggies, and a slightly spicy-sweet sauce for a satisfying quick-and-easy meal.

 30 min

 Servings 4

Ingredients:

1: 2 tsp brown sugar

2: 1 qty carrot

3: 2 qty garlic clove

4: 1.5 tbsp hoisin sauce

5: 8 oz mushrooms

Classic, Hearty Beef Stew

Created by @arden

This hearty beef stew is rich, satisfying, and packed with tender beef, lots of vegetables, and fragrant herbs.

 3 hr and 15 min

 Servings 8

Ingredients:

1: 3 qty bay leaves

2: 2 lb beef

3: 2 cup beef stock

4: 1.5 tsp black pepper

5: 3 cup carrot

Grilled Garlic and Herb Shrimp

Created by @arden

This grilled garlic and herb shrimp recipe is very easy. Get the extra large shrimp so they can grill longer and get maximum caramelization.

 3 hr

 Servings 6

Ingredients:

1: 3 tbsp basil

2: 1.5 tsp black pepper

3: 0.25 tsp cayenne pepper

4: 3 qty garlic clove

5: 2 lb shrimp

Caramelized Onion Pasta

Created by @arden

All you need for this outrageously tasty dinner is a bag of onions, a couple cloves of garlic, some dried pasta, and cheese.

 55 min

 Servings 4

Ingredients:

1: 3 tsp black pepper

2: 2 tbsp butter

3: 2 qty garlic clove

4: 2 tbsp olive oil

5: 2 lb onion

