

# Revisión web de cookingtrek.com

Generado el 22 Junio 2025 14:59 PM

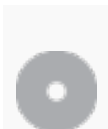
La puntuación es 61/100



## Contenido SEO

|    | Título                                                                                               | <p>Cooking Trek - Healthy Weight Loss Recipes &amp; Comfort Food</p> <p><b>Longitud : 61</b></p> <p>Perfecto, tu título contiene entre 10 y 70 caracteres.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------|-------|------|---------|-------|-----------------------------------------------------------|-------------|------------------------------------------------------------------------------------------------------|-----|------------------------------|-----------|--------------|-------|------------------------------------------------------------------------------|
|    | Descripción                                                                                          | <p>Discover easy and delicious weight loss recipes to support your healthy journey. Simple comfort foods, meal prep ideas, and sustainable eating tips.</p> <p><b>Longitud : 148</b></p> <p>Genial, tu descripción meta contiene entre 70 y 160 caracteres.</p>                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
|  | Palabras Claves (Keywords)                                                                           | <p>Muy mal. No hemos encontrado palabras clave (meta keywords) en tu página. Usa <a href="#">este generador de meta tags gratuito</a> para crear tus palabras clave.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
|  | Propiedades Meta Og                                                                                  | <p>Bien. Tu página usa propiedades Og (etiquetas og).</p> <table><thead><tr><th>Propiedad</th><th>Contenido</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Cooking Trek - Easy Comfort Food Recipes You&amp;#039;ll Love</td></tr><tr><td>description</td><td>Discover delicious comfort food recipes that make healthy eating simple, enjoyable, and sustainable.</td></tr><tr><td>url</td><td>https://www.cookingtrek.com/</td></tr><tr><td>site_name</td><td>Cooking Trek</td></tr><tr><td>image</td><td>https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png</td></tr></tbody></table> | Propiedad | Contenido | locale | en_US | type | website | title | Cooking Trek - Easy Comfort Food Recipes You&#039;ll Love | description | Discover delicious comfort food recipes that make healthy eating simple, enjoyable, and sustainable. | url | https://www.cookingtrek.com/ | site_name | Cooking Trek | image | https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png |
| Propiedad                                                                          | Contenido                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
| locale                                                                             | en_US                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
| type                                                                               | website                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
| title                                                                              | Cooking Trek - Easy Comfort Food Recipes You&#039;ll Love                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
| description                                                                        | Discover delicious comfort food recipes that make healthy eating simple, enjoyable, and sustainable. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
| url                                                                                | https://www.cookingtrek.com/                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
| site_name                                                                          | Cooking Trek                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |
| image                                                                              | https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |        |       |      |         |       |                                                           |             |                                                                                                      |     |                              |           |              |       |                                                                              |

Contenido SEO

|                                                                                  |                                                                              | <table><tr><td>image:secure_url</td><td>https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png</td></tr><tr><td>image:width</td><td>1000</td></tr><tr><td>image:height</td><td>200</td></tr><tr><td>image:alt</td><td>Cooking Trek</td></tr><tr><td>image:type</td><td>image/png</td></tr></table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | image:secure_url | https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png | image:width | 1000 | image:height | 200 | image:alt | Cooking Trek | image:type | image/png |   |   |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------------------------------------------------------------------------|-------------|------|--------------|-----|-----------|--------------|------------|-----------|---|---|
| image:secure_url                                                                 | https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |                                                                              |             |      |              |     |           |              |            |           |   |   |
| image:width                                                                      | 1000                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |                                                                              |             |      |              |     |           |              |            |           |   |   |
| image:height                                                                     | 200                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |                                                                              |             |      |              |     |           |              |            |           |   |   |
| image:alt                                                                        | Cooking Trek                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |                                                                              |             |      |              |     |           |              |            |           |   |   |
| image:type                                                                       | image/png                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |                                                                              |             |      |              |     |           |              |            |           |   |   |
|  | Titulos                                                                      | <table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>1</td><td>24</td><td>1</td><td>0</td><td>2</td><td>0</td></tr></table> <ul style="list-style-type: none"><li>• [H1] Easy Weight Loss Recipes That Taste Like Home</li><li>• [H2] Must-try dishes</li><li>• [H2] Japanese Water Recipe: Your Easy Path to Natural Weight Loss</li><li>• [H2] Apple Cider Vinegar Detox Drink for Powerful Weight Loss Results</li><li>• [H2] Fat-Burning Morning Elixir: Apple Cider Vinegar &amp; Pink Salt Detox Drink</li><li>• [H2] 15 Powerful Detox Drinks Smoothies That Cleanse, Slim &amp; Energize Naturally</li><li>• [H2]</li><li>• [H2] The Best Buckwheat Crepes: Easy, Wholesome &amp; Gluten-Free</li><li>• [H2] Quick and easy recipes</li><li>• [H2] How to Make the Best Gluten Free Pizza Crust at Home</li><li>• [H2] Japanese Sweet Potato – The Ultimate Guide to Flavor, Nutrition &amp; Cooking</li><li>• [H2] Delicious Home Made Ground Beef Zucchini Sweet Potato Skillet</li><li>• [H2] Healthy Stuffed Peppers You’ll Want Every Night   Easy Weight-Loss Recipe</li><li>• [H2] Flavor That Satisfies: This Powerful Cucumber Chickpea Salad Is Your Weight-Loss Hero</li><li>• [H2] High-Protein Cottage Cheese Taco Bowl With Low Carbs For Easy Weight Loss</li><li>• [H2] How to Make the Best Gluten Free Pizza Crust at Home</li><li>• [H2] Japanese Sweet Potato – The Ultimate Guide to Flavor, Nutrition &amp; Cooking</li><li>• [H2] Delicious Home Made Ground Beef Zucchini Sweet Potato Skillet</li><li>• [H2] Healthy Stuffed Peppers You’ll Want Every Night   Easy Weight-Loss Recipe</li><li>• [H2] Japanese Water Recipe: Your Easy Path to Natural Weight Loss</li><li>• [H2] Apple Cider Vinegar Detox Drink for Powerful Weight Loss Results</li><li>• [H2] Fat-Burning Morning Elixir: Apple Cider Vinegar &amp; Pink Salt Detox Drink</li><li>• [H2] 15 Powerful Detox Drinks Smoothies That Cleanse, Slim &amp; Energize Naturally</li><li>• [H2] Apple Cider Vinegar Recipes That Heal Your Gut, Burn Fat,</li></ul> | H1               | H2                                                                           | H3          | H4   | H5           | H6  | 1         | 24           | 1          | 0         | 2 | 0 |
| H1                                                                               | H2                                                                           | H3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | H4               | H5                                                                           | H6          |      |              |     |           |              |            |           |   |   |
| 1                                                                                | 24                                                                           | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 0                | 2                                                                            | 0           |      |              |     |           |              |            |           |   |   |

## Contenido SEO

|                                                                                    |                  |                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    |                  | <p>and Taste Amazing</p> <ul style="list-style-type: none"><li>• [H2] Sugar-Free Electrolyte Drink: Refreshing Homemade Hydration</li><li>• [H3] Cooking Trek</li><li>• [H5] Categories</li><li>• [H5] Useful links</li></ul> |
|   | Imágenes         | <p>Hemos encontrado 33 imágenes en esta web.</p> <p>6 atributos alt están vacíos o no existen. Agrega texto alternativo para que los motores de búsqueda puedan entender las imágenes.</p>                                    |
|   | Ratio Texto/HTML | <p>Ratio : <b>6%</b></p> <p>El ratio entre texto y código HTML de esta página es menor que el 15 por ciento, esto significa que tu web posiblemente necesite más contenido en texto.</p>                                      |
|   | Flash            | Perfecto, no se ha detectado contenido Flash en la página.                                                                                                                                                                    |
|  | Iframe           | Genial, no se han detectado Iframes en la página.                                                                                                                                                                             |

## Enlaces SEO

|                                                                                     |                           |                                                                                                              |
|-------------------------------------------------------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------|
|  | Reescritura URL           | Bien. Tus enlaces parecen amigables                                                                          |
|  | Guiones bajos en las URLs | Perfecto! No hemos detectado guiones bajos en tus URLs                                                       |
|  | Enlaces en página         | Hemos encontrado un total de 27 enlaces incluyendo 0 enlace(s) a ficheros                                    |
|  | Statistics                | <p>Enlaces Externos : noFollow 0%</p> <p>Enlaces Externos : Pasando Jugo 0%</p> <p>Enlaces Internos 100%</p> |

## Enlaces en página

| Ancla                           | Tipo    | Jugo         |
|---------------------------------|---------|--------------|
| <a href="#">Skip to content</a> | Interna | Pasando Jugo |

## Enlaces en página

|                                                                                                         |         |              |
|---------------------------------------------------------------------------------------------------------|---------|--------------|
| <a href="#">Home</a>                                                                                    | Interna | Pasando Jugo |
| <a href="#">Breakfast</a>                                                                               | Interna | Pasando Jugo |
| <a href="#">Main Dishes</a>                                                                             | Interna | Pasando Jugo |
| <a href="#">Desserts</a>                                                                                | Interna | Pasando Jugo |
| <a href="#">Drinks</a>                                                                                  | Interna | Pasando Jugo |
| <a href="#">About us</a>                                                                                | Interna | Pasando Jugo |
| <a href="#">Privacy Policy</a>                                                                          | Interna | Pasando Jugo |
| <a href="#">Japanese Water Recipe: Your Easy Path to Natural Weight Loss</a>                            | Interna | Pasando Jugo |
| <a href="#">Apple Cider Vinegar Detox Drink for Powerful Weight Loss Results</a>                        | Interna | Pasando Jugo |
| <a href="#">Fat-Burning Morning Elixir: Apple Cider Vinegar &amp; Pink Salt Detox Drink</a>             | Interna | Pasando Jugo |
| <a href="#">15 Powerful Detox Drinks Smoothies That Cleanse, Slim &amp; Energize Naturally</a>          | Interna | Pasando Jugo |
| <a href="#">The Best Buckwheat Crepes: Easy, Wholesome &amp; Gluten-Free</a>                            | Interna | Pasando Jugo |
| <a href="#">How to Make the Best Gluten Free Pizza Crust at Home</a>                                    | Interna | Pasando Jugo |
| <a href="#">Japanese Sweet Potato &amp;#8211; The Ultimate Guide to Flavor, Nutrition &amp; Cooking</a> | Interna | Pasando Jugo |
| <a href="#">Delicious Home Made Ground Beef Zucchini Sweet Potato Skillet</a>                           | Interna | Pasando Jugo |
| <a href="#">Healthy Stuffed Peppers You'll Want Every Night   Easy Weight-Loss Recipe</a>               | Interna | Pasando Jugo |
| <a href="#">Flavor That Satisfies: This Powerful Cucumber Chickpea Salad Is Your Weight-Loss Hero</a>   | Interna | Pasando Jugo |
| <a href="#">High-Protein Cottage Cheese Taco Bowl With Low Carbs For Easy Weight Loss</a>               | Interna | Pasando Jugo |
| <a href="#">Apple Cider Vinegar Recipes That Heal Your Gut, Burn Fat, and Taste Amazing</a>             | Interna | Pasando Jugo |
| <a href="#">Sugar-Free Electrolyte Drink: Refreshing Homemade Hydration</a>                             | Interna | Pasando Jugo |
| <a href="#">Older posts</a>                                                                             | Interna | Pasando Jugo |
| <a href="#">Home</a>                                                                                    | Interna | Pasando Jugo |
|                                                                                                         |         |              |

## Enlaces en página

|                                  |         |              |
|----------------------------------|---------|--------------|
| <a href="#">GDPR &amp; CCPA</a>  | Interna | Pasando Jugo |
| <a href="#">Disclaimer</a>       | Interna | Pasando Jugo |
| <a href="#">Terms of Service</a> | Interna | Pasando Jugo |
| <a href="#">Contact Us</a>       | Interna | Pasando Jugo |

## Palabras Clave SEO

|                                                                                  |                        |                                                                   |
|----------------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------|
|  | Nube de Palabras Clave | loss weight easy dishes <b>june</b> recipe casey view main monroe |
|----------------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------|

## Consistencia de las Palabras Clave

| Palabra Clave (Keyword) | Contenido | Título | Palabras Claves (Keywords) | Descripción | Titulos |
|-------------------------|-----------|--------|----------------------------|-------------|---------|
| june                    | 30        | ✗      | ✗                          | ✗           | ✗       |
| casey                   | 16        | ✗      | ✗                          | ✗           | ✗       |
| monroe                  | 16        | ✗      | ✗                          | ✗           | ✗       |
| recipe                  | 14        | ✓      | ✗                          | ✓           | ✓       |
| weight                  | 13        | ✓      | ✗                          | ✓           | ✓       |

## Usabilidad

|                                                                                    |                |                                                             |
|------------------------------------------------------------------------------------|----------------|-------------------------------------------------------------|
|  | Url            | Dominio : cookingtrek.com<br>Longitud : 15                  |
|  | Favicon        | Genial, tu web tiene un favicon.                            |
|  | Imprimibilidad | No hemos encontrado una hoja de estilos CSS para impresión. |
|  | Idioma         | Genial. Has declarado el idioma en.                         |

## Usabilidad

|                                                                                   |             |                                 |
|-----------------------------------------------------------------------------------|-------------|---------------------------------|
|  | Dublin Core | Esta página no usa Dublin Core. |
|-----------------------------------------------------------------------------------|-------------|---------------------------------|

## Documento

|                                                                                     |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Tipo de documento (Doctype) | HTML 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|    | Codificación                | Perfecto. Has declarado como codificación UTF-8.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|    | Validez W3C                 | Errores : 1<br>Avisos : 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|    | Privacidad de los Emails    | Genial. No hay ninguna dirección de email como texto plano!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|   | HTML obsoleto               | Genial, no hemos detectado ninguna etiqueta HTML obsoleta.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|  | Consejos de Velocidad       | <div><div></div> Excelente, esta web no usa tablas.</div> <div><div></div> Muy mal, tu web está usando estilos embenidos (inline CSS).</div> <div><div></div> Genial, tu página web usa muy pocos ficheros CSS.</div> <div><div></div> Perfecto, tu web usa pocos ficheros JavaScript.</div> <div><div></div> Su sitio web se beneficia del tipo de compresión gzip. ¡Perfecto!</div> |

## Movil

|                                                                                     |                    |                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Optimización Móvil | <div><div></div> Icono para Apple</div> <div><div></div> Etiqueta Meta Viewport</div> <div><div></div> Contenido Flash</div> |
|-------------------------------------------------------------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Optimización

|                                                                                  |                           |                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Mapa del sitio XML        | <p>¡Perfecto! Su sitio tiene un mapa del sitio en XML.</p> <div><a href="https://www.cookingtrek.com/sitemap_index.xml/">https://www.cookingtrek.com/sitemap_index.xml/</a></div>                                                                                                                                                       |
|  | Robots.txt                | <p><a href="http://cookingtrek.com/robots.txt">http://cookingtrek.com/robots.txt</a></p> <p>¡Estupendo! Su sitio web tiene un archivo robots.txt.</p>                                                                                                                                                                                   |
|  | Herramientas de Analítica | <p>No disponible</p> <p>No hemos encontrado ninguna herramienta de analítica en esta web.</p> <p>La analítica Web le permite medir la actividad de los visitantes de su sitio web. Debería tener instalada al menos una herramienta de analítica y se recomienda instalar otra más para obtener una confirmación de los resultados.</p> |