

Seo Analyzer thisoldgal.com

Generated on January 19 2022 11:10 AM

The score is 56/100



SEO Content

	Title	Home - This Old Gal Length : 19 Perfect, your title contains between 10 and 70 characters.																				
	Description	Delicious restaurant quality recipes with easy to follow step by step directions. Start cooking like a rock star! Length : 113 Great, your meta description contains between 70 and 160 characters.																				
	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.																				
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>article</td></tr><tr><td>title</td><td>This Old Gal by Jill Selkowitz</td></tr><tr><td>description</td><td>Delicious restaurant quality recipes with easy to follow step by step directions. Start cooking like a rock star!</td></tr><tr><td>url</td><td>https://thisoldgal.com/</td></tr><tr><td>site_name</td><td>This Old Gal</td></tr><tr><td>updated_time</td><td>2021-08-17T09:43:09+00:00</td></tr><tr><td>image</td><td>https://thisoldgal.com/wp-content/uploads/2019/09/This-Old-Gal-Logo-Submark-1.png</td></tr><tr><td>image:width</td><td>1024</td></tr></tbody></table>	Property	Content	locale	en_US	type	article	title	This Old Gal by Jill Selkowitz	description	Delicious restaurant quality recipes with easy to follow step by step directions. Start cooking like a rock star!	url	https://thisoldgal.com/	site_name	This Old Gal	updated_time	2021-08-17T09:43:09+00:00	image	https://thisoldgal.com/wp-content/uploads/2019/09/This-Old-Gal-Logo-Submark-1.png	image:width	1024
Property	Content																					
locale	en_US																					
type	article																					
title	This Old Gal by Jill Selkowitz																					
description	Delicious restaurant quality recipes with easy to follow step by step directions. Start cooking like a rock star!																					
url	https://thisoldgal.com/																					
site_name	This Old Gal																					
updated_time	2021-08-17T09:43:09+00:00																					
image	https://thisoldgal.com/wp-content/uploads/2019/09/This-Old-Gal-Logo-Submark-1.png																					
image:width	1024																					

SEO Content





image:height 1024

Headings





H1	H2	H3	H4	H5	H6
0	31	1	22	0	0

- [H2] Instant Pot
- [H2] Low Carb
- [H2] Main Dish
- [H2] Desserts
- [H2] Instant Pot Low Carb Wonton Soup [Recipe + Video]
- [H2] Sesame Garlic Noodles [w/Asian Flair]
- [H2] Instant Pot Low Carb UNStuffed Cabbage Rolls
- [H2] Instant Pot Vietnamese Pho Bo Tai [Beef Pho]
- [H2] Pressure Cooker Creamy Mexican Macaroni and Cheese
- [H2] Pressure Cooker Lokshen Mit Kaese [Noodles & Cheese]
- [H2] Instant Pot Creamy Tuscan Garlic Chicken
- [H2] Pressure Cooker Japanese Beef Curry Stew {Instant Pot}
- [H2] Instant Pot Low Carb Wonton Soup [Recipe + Video]
- [H2] Pressure Cooker Cuban Black Beans {Frijoles Negros}
- [H2] Instant Pot Low Carb Cheesy Cauliflower Soup
- [H2] Pressure Cooker Sweet Potato Casserole (Instant Pot)
- [H2] Pressure Cooker Baba Ghanoush
- [H2] Instant Pot Jalapeño Macaroni Ham and Cheese
- [H2] Pressure Cooker Shredded Buffalo Chicken
- [H2] Instant Pot Greek Yogurt (Thick and...
- [H2] Instant Pot New York Cheesecake #1 Best...
- [H2] Instant Pot No Boil Yogurt [Cold Start...
- [H2] Instant Pot No Knead Bread (Dutch Oven)...
- [H2] Instant Pot Low Carb Wonton Soup [Recipe...
- [H2] Sesame Garlic Noodles [w/Asian Flair]...
- [H2] Instant Pot Low Carb UNStuffed Cabbage...
- [H2] Brown Butter Honey Garlic Salmon...
- [H2] Cheesy Mashed Potatoes (Instant Pot)...
- [H2] Instant Pot Eggs Benedict (w/IP...
- [H2] Pressure Cooker Braised Chicken Creamy...
- [H2] Instant Pot Hawaiian Macaroni Salad +...
- [H3] Get This Old Gal's Cookbook!
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4]
- [H4] Welcome To My Kitchen
- [H4]
- [H4] Latest Recipes
- [H4] Pasta Recipes
- [H4]
- [H4] Soup Recipes
- [H4] Casserole Recipes

SEO Content

		<ul style="list-style-type: none">• [H4] Popular• [H4] Latest• [H4] Seasonal• [H4] Featured on:
	Images	We found 42 images on this web page. 6 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 3% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 87 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 11.49% Internal Links 88.51%

In-page links

Anchor	Type	Juice
RECIPES	Internal	Passing Juice
All Recipes	Internal	Passing Juice

In-page links

KETO/LOW CARB	Internal	Passing Juice
Appetizers/Drinks	Internal	Passing Juice
Breads	Internal	Passing Juice
Breakfast	Internal	Passing Juice
Desserts	Internal	Passing Juice
Main Courses	Internal	Passing Juice
Soups	Internal	Passing Juice
Side Dishes	Internal	Passing Juice
Casseroles	Internal	Passing Juice
HOLIDAYS/SEASONAL	Internal	Passing Juice
Rosh Hashanah	Internal	Passing Juice
Halloween	Internal	Passing Juice
Thanksgiving	Internal	Passing Juice
Chanukkah	Internal	Passing Juice
Christmas	Internal	Passing Juice
New Year&#8217;s Eve	Internal	Passing Juice
St. Patrick&#8217;s Day	Internal	Passing Juice
Super Bowl/Game Day	Internal	Passing Juice
Easter	Internal	Passing Juice
Passover	Internal	Passing Juice
4th of July	Internal	Passing Juice
Cinco de Mayo	Internal	Passing Juice
Memorial Day	Internal	Passing Juice
Jewish Recipes	Internal	Passing Juice
Asian Cooking	Internal	Passing Juice
INSTANT POT	Internal	Passing Juice
Dump and Push	Internal	Passing Juice
Pot in Pot	Internal	Passing Juice

In-page links

Freezer Recipes	Internal	Passing Juice
AIR FRYER	Internal	Passing Juice
SHOP ESSENTIALS	Internal	Passing Juice
Shop All Categories!	Internal	Passing Juice
This Old Gal Pressure Cooker Cookbook	External	Passing Juice
Shop My Favorites	Internal	Passing Juice
What's In My Kitchen!	Internal	Passing Juice
Instant Pot & Pressure Cooker Stuff	Internal	Passing Juice
TOG's Gift Guide	Internal	Passing Juice
Shop My Amazon Store	External	Passing Juice
GET NEWSLETTER	Internal	Passing Juice
BUY MY COOKBOOK	External	Passing Juice
Work with TOG	Internal	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
Keto & Low Carb Recipes	Internal	Passing Juice
Asian Recipes	Internal	Passing Juice
Slow Cooker	Internal	Passing Juice
SELKATZ TONKINESE	External	Passing Juice
Contact This Old Gal	Internal	Passing Juice
ABOUT TOG	Internal	Passing Juice
Cookie Policy	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Terms & Conditions & User Agreement	Internal	Passing Juice
Recipe Photo Use Policy	Internal	Passing Juice

In-page links

Website Accessibility Statement	Internal	Passing Juice
&uarr;	Internal	Passing Juice
This Old Gal	Internal	Passing Juice
order now	External	Passing Juice
Instant Pot Low Carb Wonton Soup [Recipe + Video]	Internal	Passing Juice
Sesame Garlic Noodles [w/Asian Flair]	Internal	Passing Juice
Instant Pot Low Carb UNStuffed Cabbage Rolls	Internal	Passing Juice
Instant Pot Vietnamese Pho Bo Tai [Beef Pho]	Internal	Passing Juice
Pressure Cooker Creamy Mexican Macaroni and Cheese	Internal	Passing Juice
Pressure Cooker Lokshen Mit Kaese [Noodles &#038; Cheese]	Internal	Passing Juice
Instant Pot Creamy Tuscan Garlic Chicken	Internal	Passing Juice
see more	Internal	Passing Juice
Pressure Cooker Japanese Beef Curry Stew {Instant Pot}	Internal	Passing Juice
Pressure Cooker Cuban Black Beans {Frijoles Negros}	Internal	Passing Juice
Instant Pot Low Carb Cheesy Cauliflower Soup	Internal	Passing Juice
Pressure Cooker Sweet Potato Casserole (Instant Pot)	Internal	Passing Juice
Pressure Cooker Baba Ghanoush	Internal	Passing Juice
Instant Pot Jalapeño Macaroni Ham and Cheese	Internal	Passing Juice
Pressure Cooker Shredded Buffalo Chicken	Internal	Passing Juice
Instant Pot Greek Yogurt (Thick and...	Internal	Passing Juice
Instant Pot New York Cheesecake #1 Best...	Internal	Passing Juice
Instant Pot No Boil Yogurt [Cold Start...	Internal	Passing Juice
Instant Pot No Knead Bread (Dutch Oven)...	Internal	Passing Juice
Brown Butter Honey Garlic Salmon...	Internal	Passing Juice
Cheesy Mashed Potatoes (Instant Pot)...	Internal	Passing Juice
Instant Pot Eggs Benedict (w/IP...	Internal	Passing Juice
Pressure Cooker Braised Chicken Creamy...	Internal	Passing Juice
Instant Pot Hawaiian Macaroni Salad +...	Internal	Passing Juice

In-page links

[Sitemap](#)

Internal

Passing Juice

SEO Keywords



Keywords Cloud

old **instant** shop low carb all **pot** cooker pressure recipes












Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
pot	31	✘	✘	✘	✔
instant	26	✘	✘	✘	✔
recipes	18	✘	✘	✔	✔
cooker	15	✘	✘	✘	✔
pressure	15	✘	✘	✘	✔





Usability

	Url	Domain : thisoldgal.com Length : 14
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.



Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 74 Warnings : 53
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.



Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
--	---------------------	--

Optimization

	XML Sitemap	Great, your website has an XML sitemap. <div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;">http://thisoldgal.com/sitemap.xml</div>
	Robots.txt	Missing Your website doesn't have a robots.txt file - this can be problematic. A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from

Optimization

		accessing specific directories and pages. It also specifies where the XML sitemap file is located.
	Analytics	<p>Great, your website has an analytics tool.</p> <div data-bbox="544 338 1481 412"> Google Analytics</div>