

Wet ingredients needed

- 2 eggs
- 120 ml milk
- 120 ml butter
- 2.5 ml vanilla

recipe card
Set 1

Eggs

- 1 egg:
 - Needs 2000 kJ energy to produce
 - Emits 300 g CO_{2e} to produce

Set 1

Milk

- 10 ml milk:
 - Needs 50 kJ energy to produce
 - Emits 12 g CO_{2e} to produce

Set 1

Butter

- 10 ml butter:
 - Needs 330 kJ energy to produce
 - Emits 40 g CO_{2e} to produce

Set 1

Vanilla

- 1 ml vanilla:
 - Needs 4 kJ energy to produce
 - Emits 4 g CO_{2e} to produce

Set 1

Dry ingredients needed

- 210 g flour
- 230 g sugar
- 6 g baking powder

recipe card
Set 2

Flour

- 10 g flour:
 - Needs 11 kJ energy to produce
 - Emits 11 g CO_{2e} to produce

Set 2

Sugar

- 10 g sugar:
 - Needs 100 kJ energy to produce
 - Emits 9 g CO_{2e} to produce

Set 2

Baking Powder

- 1 g baking powder:
 - Needs 7.5 kJ energy to produce
 - Emits 0.75 g CO_{2e} to produce

Set 2

Baking materials needed

- 1 metal mixing bowl
- 1 metal cupcake tray
- 12 paper liners

recipe card
Set 3

Metal Mixing Bowl

- 1 three-quart bowl:
 - Needs 1100 kJ energy to produce
 - Emits 1000 g CO_{2e} to produce

Set 3

Metal Cupcake Tray

- 1 pan:
 - Needs 2600 kJ energy to produce
 - Emits 2200 g CO_{2e} to produce

Set 3

Paper Cupcake Liners

- 1 cupcake liner:
 - Needs 20 kJ energy to produce
 - Emits 1 g CO_{2e} to produce

Set 3

Aluminum Foil Cupcake Liners

- 1 cupcake liner:
 - Needs 40 kJ energy to produce
 - Emits 5 g CO_{2e} to produce

Set 3

Oven Baking

- Bake at 177 °C for 20 minutes in an electric oven

recipe card
Set 4

Energy to Bake Cupcakes (electricity)

- Baking at 177 °C for 60 minutes:
 - Needs 7200 kJ energy to produce
 - Emits 1080 g CO_{2e} to produce

Set 4

Energy to Bake Cupcakes (gas)

- Baking at 177 °C for 60 minutes:
 - Needs 10800 kJ energy to produce
 - Emits 1800 g CO_{2e} to produce

Set 4

Frosting ingredients

- 800 g sugar
- 5 ml milk
- 240 ml butter
- 5 ml vanilla

recipe card
Set 5

Sugar

- 10 g of sugar:
 - Needs 100 kJ energy to produce
 - Emits 9 g CO_{2e} to produce

Set 5

Milk

- 10 ml of milk:
 - Needs 50 kJ energy to produce
 - Emits 12 g CO_{2e} to produce

Set 5

Butter

- 10 ml of butter:
 - Needs 330 kJ energy to produce
 - Emits 40 g CO_{2e} to produce

Set 5

Vanilla

- 1 ml of vanilla:
 - Needs 4 kJ energy to produce
 - Emits 4 g CO_{2e} to produce

Set 5

Disposal

- Throw away cupcake liner in landfill
OR
- Compost cupcake liner

recipe card
Set 6

Landfill Paper Cupcake Liners

- 1 cupcake liner:
 - Needs 50 kJ energy
 - Emits 1.5 g CO_{2e}

Set 6

Compost Paper Cupcake Liners

- 1 cupcake liner:
 - Needs 50 kJ energy
 - Subtracts 4.0 g CO_{2e}

Set 6

Landfill Aluminum Cupcake Liners

- 1 cupcake liner:
 - Needs 50 kJ energy
 - Emits 1.0 g CO_{2e}

Set 6

Recycle Aluminum Cupcake Liners

- 1 cupcake liner:
 - Needs 60 kJ energy
 - Subtracts 3.0 g CO_{2e}

Set 6