



Microwave Conversion Chart

Convert Recipe for 700-Watt Oven To 450-Watt Oven

Courtesy of *Microwave Cooking for One*
by Marie T. Smith

Instructions: Find the cooking time indicated in your Microwave Recipe under 'Recipe Time 700 WATTS.' The time next to it under 'Convert to 450 WATTS' is the time you should use instead of the time in the recipe.

Recipe Time 700 WATTS	Convert to 450 WATTS
MIN:SEC	MIN:SEC
00:05	00:08
00:10	00:16
00:15	00:23
00:20	00:31
00:25	00:39
00:30	00:47
00:35	00:54
00:40	01:02
00:45	01:10
00:50	01:18
00:55	01:26
01:00	01:33
01:05	01:41
01:10	01:49
01:15	01:57
01:20	02:04
01:25	02:12
01:30	02:20
01:35	02:28
01:40	02:36
01:45	02:43
01:50	02:51
01:55	02:59
02:00	03:07
02:05	03:14
02:10	03:22
02:15	03:30
02:20	03:38
02:25	03:46
02:30	03:53

Recipe Time 700 WATTS	Convert to 450 WATTS
MIN:SEC	MIN:SEC
02:35	04:01
02:40	04:09
02:45	04:17
02:50	04:24
02:55	04:32
03:00	04:40
03:05	04:48
03:10	04:56
03:15	05:03
03:20	05:11
03:25	05:19
03:30	05:27
03:35	05:34
03:40	05:42
03:45	05:50
03:50	05:58
03:55	06:06
04:00	06:13
04:05	06:21
04:10	06:29
04:15	06:37
04:20	06:44
04:25	06:52
04:30	07:00
04:35	07:08
04:40	07:16
04:45	07:23
04:50	07:31
04:55	07:39
05:00	07:47

Recipe Time 700 WATTS	Convert to 450 WATTS
MIN:SEC	MIN:SEC
05:05	07:54
05:10	08:02
05:15	08:10
05:20	08:18
05:25	08:26
05:30	08:33
05:35	08:41
05:40	08:49
05:45	08:57
05:50	09:04
05:55	09:12
06:00	09:20
06:05	09:28
06:10	09:36
06:15	09:43
06:20	09:51
06:25	09:59
06:30	10:07
06:35	10:14
06:40	10:22
06:45	10:30
06:50	10:38
06:55	10:46
07:00	10:53
07:05	11:01
07:10	11:09
07:15	11:17
07:20	11:24
07:25	11:32
07:30	11:40

Recipe Time 700 WATTS	Convert to 450 WATTS
MIN:SEC	MIN:SEC
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07:40	11:56
07:45	12:03
07:50	12:11
07:55	12:19
08:00	12:27
08:05	12:34
08:10	12:42
08:15	12:50
08:20	12:58
08:25	13:06
08:30	13:13
08:35	13:21
08:40	13:29
08:45	13:37
08:50	13:44
08:55	13:52
09:00	14:00
09:05	14:08
09:10	14:16
09:15	14:23
09:20	14:31
09:25	14:39
09:30	14:47
09:35	14:54
09:40	15:02
09:45	15:10
09:50	15:18
09:55	15:26
10:00	15:33

For Additional Conversion Charts, Visit Our Website:
<http://www.microwavecookingforone.com/Charts/>