



Microwave Conversion Chart

Convert Recipe for 700-Watt Oven To 400-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 400 WATTS' is the time you should use instead of the time in the recipe.

Recipe Time 700 WATTS	Convert to 400 WATTS
MIN:SEC	MIN:SEC
00:05	00:09
00:10	00:17
00:15	00:26
00:20	00:35
00:25	00:44
00:30	00:52
00:35	01:01
00:40	01:10
00:45	01:19
00:50	01:27
00:55	01:36
01:00	01:45
01:05	01:54
01:10	02:02
01:15	02:11
01:20	02:20
01:25	02:29
01:30	02:37
01:35	02:46
01:40	02:55
01:45	03:04
01:50	03:13
01:55	03:21
02:00	03:30
02:05	03:39
02:10	03:48
02:15	03:56
02:20	04:05
02:25	04:14
02:30	04:23

Recipe Time 700 WATTS	Convert to 400 WATTS
MIN:SEC	MIN:SEC
02:35	04:31
02:40	04:40
02:45	04:49
02:50	04:58
02:55	05:06
03:00	05:15
03:05	05:24
03:10	05:33
03:15	05:41
03:20	05:50
03:25	05:59
03:30	06:08
03:35	06:16
03:40	06:25
03:45	06:34
03:50	06:43
03:55	06:51
04:00	07:00
04:05	07:09
04:10	07:18
04:15	07:26
04:20	07:35
04:25	07:44
04:30	07:52
04:35	08:01
04:40	08:10
04:45	08:19
04:50	08:28
04:55	08:36
05:00	08:45

Recipe Time 700 WATTS	Convert to 400 WATTS
MIN:SEC	MIN:SEC
05:05	08:54
05:10	09:03
05:15	09:11
05:20	09:20
05:25	09:29
05:30	09:38
05:35	09:46
05:40	09:55
05:45	10:04
05:50	10:13
05:55	10:21
06:00	10:30
06:05	10:39
06:10	10:48
06:15	10:56
06:20	11:05
06:25	11:14
06:30	11:23
06:35	11:31
06:40	11:40
06:45	11:49
06:50	11:58
06:55	12:06
07:00	12:15
07:05	12:24
07:10	12:33
07:15	12:41
07:20	12:50
07:25	12:59
07:30	13:08

Recipe Time 700 WATTS	Convert to 400 WATTS
MIN:SEC	MIN:SEC
07:35	13:16
07:40	13:25
07:45	13:34
07:50	13:43
07:55	13:51
08:00	14:00
08:05	14:09
08:10	14:18
08:15	14:26
08:20	14:35
08:25	14:44
08:30	14:53
08:35	15:01
08:40	15:10
08:45	15:19
08:50	15:28
08:55	15:36
09:00	15:45
09:05	15:54
09:10	16:03
09:15	16:11
09:20	16:20
09:25	16:29
09:30	16:38
09:35	16:46
09:40	16:55
09:45	17:04
09:50	17:13
09:55	17:21
10:00	17:30

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