



Microwave Conversion Chart

Convert Recipe for 750-Watt Oven To 700-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 750 WATTS.' The time next to it under 'Convert to 700 WATTS' is the time you should use instead of the time in the recipe.

| Recipe Time 750 WATTS | Convert to 700 WATTS |
|-----------------------|----------------------|
| MIN:SEC | MIN:SEC |
| 00:05 | 00:05 |
| 00:10 | 00:11 |
| 00:15 | 00:16 |
| 00:20 | 00:21 |
| 00:25 | 00:27 |
| 00:30 | 00:32 |
| 00:35 | 00:38 |
| 00:40 | 00:43 |
| 00:45 | 00:48 |
| 00:50 | 00:54 |
| 00:55 | 00:59 |
| 01:00 | 01:04 |
| 01:05 | 01:10 |
| 01:10 | 01:15 |
| 01:15 | 01:20 |
| 01:20 | 01:26 |
| 01:25 | 01:31 |
| 01:30 | 01:36 |
| 01:35 | 01:42 |
| 01:40 | 01:47 |
| 01:45 | 01:52 |
| 01:50 | 01:58 |
| 01:55 | 02:03 |
| 02:00 | 02:09 |
| 02:05 | 02:14 |
| 02:10 | 02:19 |
| 02:15 | 02:25 |
| 02:20 | 02:30 |
| 02:25 | 02:35 |
| 02:30 | 02:41 |

| Recipe Time 750 WATTS | Convert to 700 WATTS |
|-----------------------|----------------------|
| MIN:SEC | MIN:SEC |
| 02:35 | 02:46 |
| 02:40 | 02:51 |
| 02:45 | 02:57 |
| 02:50 | 03:02 |
| 02:55 | 03:08 |
| 03:00 | 03:13 |
| 03:05 | 03:18 |
| 03:10 | 03:24 |
| 03:15 | 03:29 |
| 03:20 | 03:34 |
| 03:25 | 03:40 |
| 03:30 | 03:45 |
| 03:35 | 03:50 |
| 03:40 | 03:56 |
| 03:45 | 04:01 |
| 03:50 | 04:06 |
| 03:55 | 04:12 |
| 04:00 | 04:17 |
| 04:05 | 04:23 |
| 04:10 | 04:28 |
| 04:15 | 04:33 |
| 04:20 | 04:39 |
| 04:25 | 04:44 |
| 04:30 | 04:49 |
| 04:35 | 04:55 |
| 04:40 | 05:00 |
| 04:45 | 05:05 |
| 04:50 | 05:11 |
| 04:55 | 05:16 |
| 05:00 | 05:21 |

| Recipe Time 750 WATTS | Convert to 700 WATTS |
|-----------------------|----------------------|
| MIN:SEC | MIN:SEC |
| 05:05 | 05:27 |
| 05:10 | 05:32 |
| 05:15 | 05:38 |
| 05:20 | 05:43 |
| 05:25 | 05:48 |
| 05:30 | 05:54 |
| 05:35 | 05:59 |
| 05:40 | 06:04 |
| 05:45 | 06:10 |
| 05:50 | 06:15 |
| 05:55 | 06:20 |
| 06:00 | 06:26 |
| 06:05 | 06:31 |
| 06:10 | 06:36 |
| 06:15 | 06:42 |
| 06:20 | 06:47 |
| 06:25 | 06:53 |
| 06:30 | 06:58 |
| 06:35 | 07:03 |
| 06:40 | 07:09 |
| 06:45 | 07:14 |
| 06:50 | 07:19 |
| 06:55 | 07:25 |
| 07:00 | 07:30 |
| 07:05 | 07:35 |
| 07:10 | 07:41 |
| 07:15 | 07:46 |
| 07:20 | 07:51 |
| 07:25 | 07:57 |
| 07:30 | 08:02 |

| Recipe Time 750 WATTS | Convert to 700 WATTS |
|-----------------------|----------------------|
| MIN:SEC | MIN:SEC |
| 07:35 | 08:08 |
| 07:40 | 08:13 |
| 07:45 | 08:18 |
| 07:50 | 08:24 |
| 07:55 | 08:29 |
| 08:00 | 08:34 |
| 08:05 | 08:40 |
| 08:10 | 08:45 |
| 08:15 | 08:50 |
| 08:20 | 08:56 |
| 08:25 | 09:01 |
| 08:30 | 09:06 |
| 08:35 | 09:12 |
| 08:40 | 09:17 |
| 08:45 | 09:23 |
| 08:50 | 09:28 |
| 08:55 | 09:33 |
| 09:00 | 09:39 |
| 09:05 | 09:44 |
| 09:10 | 09:49 |
| 09:15 | 09:55 |
| 09:20 | 10:00 |
| 09:25 | 10:05 |
| 09:30 | 10:11 |
| 09:35 | 10:16 |
| 09:40 | 10:21 |
| 09:45 | 10:27 |
| 09:50 | 10:32 |
| 09:55 | 10:38 |
| 10:00 | 10:43 |

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