



# Microwave Conversion Chart

## Convert Recipe for 800-Watt Oven To 500-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 800 WATTS.' The time next to it under 'Convert to 500 WATTS' is the time you should use instead of the time in the recipe.

Recipe Time 800 WATTS	Convert to 500 WATTS
MIN:SEC	MIN:SEC
00:05	00:08
00:10	00:16
00:15	00:24
00:20	00:32
00:25	00:40
00:30	00:48
00:35	00:56
00:40	01:04
00:45	01:12
00:50	01:20
00:55	01:28
01:00	01:36
01:05	01:44
01:10	01:52
01:15	02:00
01:20	02:08
01:25	02:16
01:30	02:24
01:35	02:32
01:40	02:40
01:45	02:48
01:50	02:56
01:55	03:04
02:00	03:12
02:05	03:20
02:10	03:28
02:15	03:36
02:20	03:44
02:25	03:52
02:30	04:00

Recipe Time 800 WATTS	Convert to 500 WATTS
MIN:SEC	MIN:SEC
02:35	04:08
02:40	04:16
02:45	04:24
02:50	04:32
02:55	04:40
03:00	04:48
03:05	04:56
03:10	05:04
03:15	05:12
03:20	05:20
03:25	05:28
03:30	05:36
03:35	05:44
03:40	05:52
03:45	06:00
03:50	06:08
03:55	06:16
04:00	06:24
04:05	06:32
04:10	06:40
04:15	06:48
04:20	06:56
04:25	07:04
04:30	07:12
04:35	07:20
04:40	07:28
04:45	07:36
04:50	07:44
04:55	07:52
05:00	08:00

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05:35	08:56
05:40	09:04
05:45	09:12
05:50	09:20
05:55	09:28
06:00	09:36
06:05	09:44
06:10	09:52
06:15	10:00
06:20	10:08
06:25	10:16
06:30	10:24
06:35	10:32
06:40	10:40
06:45	10:48
06:50	10:56
06:55	11:04
07:00	11:12
07:05	11:20
07:10	11:28
07:15	11:36
07:20	11:44
07:25	11:52
07:30	12:00

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08:05	12:56
08:10	13:04
08:15	13:12
08:20	13:20
08:25	13:28
08:30	13:36
08:35	13:44
08:40	13:52
08:45	14:00
08:50	14:08
08:55	14:16
09:00	14:24
09:05	14:32
09:10	14:40
09:15	14:48
09:20	14:56
09:25	15:04
09:30	15:12
09:35	15:20
09:40	15:28
09:45	15:36
09:50	15:44
09:55	15:52
10:00	16:00

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