



# Microwave Conversion Chart

## Convert Recipe for 1700-Watt Oven To 1250-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 1700 WATTS.' The time next to it under 'Convert to 1250 WATTS' is the time you should use instead of the time in the recipe.

Recipe Time 1700 WATTS MIN:SEC	Convert to 1250 WATTS MIN:SEC
00:05	00:07
00:10	00:14
00:15	00:20
00:20	00:27
00:25	00:34
00:30	00:41
00:35	00:48
00:40	00:54
00:45	01:01
00:50	01:08
00:55	01:15
01:00	01:22
01:05	01:28
01:10	01:35
01:15	01:42
01:20	01:49
01:25	01:56
01:30	02:02
01:35	02:09
01:40	02:16
01:45	02:23
01:50	02:30
01:55	02:36
02:00	02:43
02:05	02:50
02:10	02:57
02:15	03:04
02:20	03:10
02:25	03:17
02:30	03:24

Recipe Time 1700 WATTS MIN:SEC	Convert to 1250 WATTS MIN:SEC
02:35	03:31
02:40	03:38
02:45	03:44
02:50	03:51
02:55	03:58
03:00	04:05
03:05	04:12
03:10	04:18
03:15	04:25
03:20	04:32
03:25	04:39
03:30	04:46
03:35	04:52
03:40	04:59
03:45	05:06
03:50	05:13
03:55	05:20
04:00	05:26
04:05	05:33
04:10	05:40
04:15	05:47
04:20	05:54
04:25	06:00
04:30	06:07
04:35	06:14
04:40	06:21
04:45	06:28
04:50	06:34
04:55	06:41
05:00	06:48

Recipe Time 1700 WATTS MIN:SEC	Convert to 1250 WATTS MIN:SEC
05:05	06:55
05:10	07:02
05:15	07:08
05:20	07:15
05:25	07:22
05:30	07:29
05:35	07:36
05:40	07:42
05:45	07:49
05:50	07:56
05:55	08:03
06:00	08:10
06:05	08:16
06:10	08:23
06:15	08:30
06:20	08:37
06:25	08:44
06:30	08:50
06:35	08:57
06:40	09:04
06:45	09:11
06:50	09:18
06:55	09:24
07:00	09:31
07:05	09:38
07:10	09:45
07:15	09:52
07:20	09:58
07:25	10:05
07:30	10:12

Recipe Time 1700 WATTS MIN:SEC	Convert to 1250 WATTS MIN:SEC
07:35	10:19
07:40	10:26
07:45	10:32
07:50	10:39
07:55	10:46
08:00	10:53
08:05	11:00
08:10	11:06
08:15	11:13
08:20	11:20
08:25	11:27
08:30	11:34
08:35	11:40
08:40	11:47
08:45	11:54
08:50	12:01
08:55	12:08
09:00	12:14
09:05	12:21
09:10	12:28
09:15	12:35
09:20	12:42
09:25	12:48
09:30	12:55
09:35	13:02
09:40	13:09
09:45	13:16
09:50	13:22
09:55	13:29
10:00	13:36

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