



# Microwave Conversion Chart

## Convert Recipe for 900-Watt Oven To 600-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 900 WATTS.' The time next to it under 'Convert to 600 WATTS' is the time you should use instead of the time in the recipe.

| Recipe Time 900 WATTS | Convert to 600 WATTS |
|-----------------------|----------------------|
| MIN:SEC               | MIN:SEC              |
| 00:05                 | 00:08                |
| 00:10                 | 00:15                |
| 00:15                 | 00:23                |
| 00:20                 | 00:30                |
| 00:25                 | 00:38                |
| 00:30                 | 00:45                |
| 00:35                 | 00:52                |
| 00:40                 | 01:00                |
| 00:45                 | 01:07                |
| 00:50                 | 01:15                |
| 00:55                 | 01:22                |
| 01:00                 | 01:30                |
| 01:05                 | 01:37                |
| 01:10                 | 01:45                |
| 01:15                 | 01:52                |
| 01:20                 | 02:00                |
| 01:25                 | 02:07                |
| 01:30                 | 02:15                |
| 01:35                 | 02:22                |
| 01:40                 | 02:30                |
| 01:45                 | 02:38                |
| 01:50                 | 02:45                |
| 01:55                 | 02:53                |
| 02:00                 | 03:00                |
| 02:05                 | 03:08                |
| 02:10                 | 03:15                |
| 02:15                 | 03:23                |
| 02:20                 | 03:30                |
| 02:25                 | 03:38                |
| 02:30                 | 03:45                |

| Recipe Time 900 WATTS | Convert to 600 WATTS |
|-----------------------|----------------------|
| MIN:SEC               | MIN:SEC              |
| 02:35                 | 03:53                |
| 02:40                 | 04:00                |
| 02:45                 | 04:08                |
| 02:50                 | 04:15                |
| 02:55                 | 04:23                |
| 03:00                 | 04:30                |
| 03:05                 | 04:38                |
| 03:10                 | 04:45                |
| 03:15                 | 04:53                |
| 03:20                 | 05:00                |
| 03:25                 | 05:08                |
| 03:30                 | 05:15                |
| 03:35                 | 05:23                |
| 03:40                 | 05:30                |
| 03:45                 | 05:38                |
| 03:50                 | 05:45                |
| 03:55                 | 05:53                |
| 04:00                 | 06:00                |
| 04:05                 | 06:08                |
| 04:10                 | 06:15                |
| 04:15                 | 06:23                |
| 04:20                 | 06:30                |
| 04:25                 | 06:38                |
| 04:30                 | 06:45                |
| 04:35                 | 06:53                |
| 04:40                 | 07:00                |
| 04:45                 | 07:08                |
| 04:50                 | 07:15                |
| 04:55                 | 07:23                |
| 05:00                 | 07:30                |

| Recipe Time 900 WATTS | Convert to 600 WATTS |
|-----------------------|----------------------|
| MIN:SEC               | MIN:SEC              |
| 05:05                 | 07:38                |
| 05:10                 | 07:45                |
| 05:15                 | 07:53                |
| 05:20                 | 08:00                |
| 05:25                 | 08:08                |
| 05:30                 | 08:15                |
| 05:35                 | 08:23                |
| 05:40                 | 08:30                |
| 05:45                 | 08:38                |
| 05:50                 | 08:45                |
| 05:55                 | 08:53                |
| 06:00                 | 09:00                |
| 06:05                 | 09:08                |
| 06:10                 | 09:15                |
| 06:15                 | 09:23                |
| 06:20                 | 09:30                |
| 06:25                 | 09:38                |
| 06:30                 | 09:45                |
| 06:35                 | 09:53                |
| 06:40                 | 10:00                |
| 06:45                 | 10:07                |
| 06:50                 | 10:15                |
| 06:55                 | 10:23                |
| 07:00                 | 10:30                |
| 07:05                 | 10:38                |
| 07:10                 | 10:45                |
| 07:15                 | 10:53                |
| 07:20                 | 11:00                |
| 07:25                 | 11:08                |
| 07:30                 | 11:15                |

| Recipe Time 900 WATTS | Convert to 600 WATTS |
|-----------------------|----------------------|
| MIN:SEC               | MIN:SEC              |
| 07:35                 | 11:23                |
| 07:40                 | 11:30                |
| 07:45                 | 11:38                |
| 07:50                 | 11:45                |
| 07:55                 | 11:53                |
| 08:00                 | 12:00                |
| 08:05                 | 12:08                |
| 08:10                 | 12:15                |
| 08:15                 | 12:23                |
| 08:20                 | 12:30                |
| 08:25                 | 12:38                |
| 08:30                 | 12:45                |
| 08:35                 | 12:53                |
| 08:40                 | 13:00                |
| 08:45                 | 13:08                |
| 08:50                 | 13:15                |
| 08:55                 | 13:23                |
| 09:00                 | 13:30                |
| 09:05                 | 13:38                |
| 09:10                 | 13:45                |
| 09:15                 | 13:53                |
| 09:20                 | 14:00                |
| 09:25                 | 14:08                |
| 09:30                 | 14:15                |
| 09:35                 | 14:23                |
| 09:40                 | 14:30                |
| 09:45                 | 14:38                |
| 09:50                 | 14:45                |
| 09:55                 | 14:53                |
| 10:00                 | 15:00                |

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