



# Microwave Conversion Chart

## Convert Recipe for 400-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 400 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 400 WATTS	Convert to 700 WATTS
MIN:SEC	MIN:SEC
00:05	00:03
00:10	00:06
00:15	00:09
00:20	00:11
00:25	00:14
00:30	00:17
00:35	00:20
00:40	00:23
00:45	00:26
00:50	00:29
00:55	00:31
01:00	00:34
01:05	00:37
01:10	00:40
01:15	00:43
01:20	00:46
01:25	00:49
01:30	00:51
01:35	00:54
01:40	00:57
01:45	01:00
01:50	01:03
01:55	01:06
02:00	01:09
02:05	01:11
02:10	01:14
02:15	01:17
02:20	01:20
02:25	01:23
02:30	01:26

Recipe Time 400 WATTS	Convert to 700 WATTS
MIN:SEC	MIN:SEC
02:35	01:29
02:40	01:31
02:45	01:34
02:50	01:37
02:55	01:40
03:00	01:43
03:05	01:46
03:10	01:49
03:15	01:51
03:20	01:54
03:25	01:57
03:30	02:00
03:35	02:03
03:40	02:06
03:45	02:09
03:50	02:11
03:55	02:14
04:00	02:17
04:05	02:20
04:10	02:23
04:15	02:26
04:20	02:29
04:25	02:31
04:30	02:34
04:35	02:37
04:40	02:40
04:45	02:43
04:50	02:46
04:55	02:49
05:00	02:51

Recipe Time 400 WATTS	Convert to 700 WATTS
MIN:SEC	MIN:SEC
05:05	02:54
05:10	02:57
05:15	03:00
05:20	03:03
05:25	03:06
05:30	03:09
05:35	03:11
05:40	03:14
05:45	03:17
05:50	03:20
05:55	03:23
06:00	03:26
06:05	03:29
06:10	03:31
06:15	03:34
06:20	03:37
06:25	03:40
06:30	03:43
06:35	03:46
06:40	03:49
06:45	03:51
06:50	03:54
06:55	03:57
07:00	04:00
07:05	04:03
07:10	04:06
07:15	04:09
07:20	04:11
07:25	04:14
07:30	04:17

Recipe Time 400 WATTS	Convert to 700 WATTS
MIN:SEC	MIN:SEC
07:35	04:20
07:40	04:23
07:45	04:26
07:50	04:29
07:55	04:31
08:00	04:34
08:05	04:37
08:10	04:40
08:15	04:43
08:20	04:46
08:25	04:49
08:30	04:51
08:35	04:54
08:40	04:57
08:45	05:00
08:50	05:03
08:55	05:06
09:00	05:09
09:05	05:11
09:10	05:14
09:15	05:17
09:20	05:20
09:25	05:23
09:30	05:26
09:35	05:29
09:40	05:31
09:45	05:34
09:50	05:37
09:55	05:40
10:00	05:43

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