



# Microwave Conversion Chart

## Convert Recipe for 400-Watt Oven To 1200-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 1200 WATTS' is the time you should use instead of the time in the recipe.

| Recipe Time 400 WATTS | Convert to 1200 WATTS |
|-----------------------|-----------------------|
| MIN:SEC               | MIN:SEC               |
| 00:05                 | 00:02                 |
| 00:10                 | 00:03                 |
| 00:15                 | 00:05                 |
| 00:20                 | 00:07                 |
| 00:25                 | 00:08                 |
| 00:30                 | 00:10                 |
| 00:35                 | 00:12                 |
| 00:40                 | 00:13                 |
| 00:45                 | 00:15                 |
| 00:50                 | 00:17                 |
| 00:55                 | 00:18                 |
| 01:00                 | 00:20                 |
| 01:05                 | 00:22                 |
| 01:10                 | 00:23                 |
| 01:15                 | 00:25                 |
| 01:20                 | 00:27                 |
| 01:25                 | 00:28                 |
| 01:30                 | 00:30                 |
| 01:35                 | 00:32                 |
| 01:40                 | 00:33                 |
| 01:45                 | 00:35                 |
| 01:50                 | 00:37                 |
| 01:55                 | 00:38                 |
| 02:00                 | 00:40                 |
| 02:05                 | 00:42                 |
| 02:10                 | 00:43                 |
| 02:15                 | 00:45                 |
| 02:20                 | 00:47                 |
| 02:25                 | 00:48                 |
| 02:30                 | 00:50                 |

| Recipe Time 400 WATTS | Convert to 1200 WATTS |
|-----------------------|-----------------------|
| MIN:SEC               | MIN:SEC               |
| 02:35                 | 00:52                 |
| 02:40                 | 00:53                 |
| 02:45                 | 00:55                 |
| 02:50                 | 00:57                 |
| 02:55                 | 00:58                 |
| 03:00                 | 01:00                 |
| 03:05                 | 01:02                 |
| 03:10                 | 01:03                 |
| 03:15                 | 01:05                 |
| 03:20                 | 01:07                 |
| 03:25                 | 01:08                 |
| 03:30                 | 01:10                 |
| 03:35                 | 01:12                 |
| 03:40                 | 01:13                 |
| 03:45                 | 01:15                 |
| 03:50                 | 01:17                 |
| 03:55                 | 01:18                 |
| 04:00                 | 01:20                 |
| 04:05                 | 01:22                 |
| 04:10                 | 01:23                 |
| 04:15                 | 01:25                 |
| 04:20                 | 01:27                 |
| 04:25                 | 01:28                 |
| 04:30                 | 01:30                 |
| 04:35                 | 01:32                 |
| 04:40                 | 01:33                 |
| 04:45                 | 01:35                 |
| 04:50                 | 01:37                 |
| 04:55                 | 01:38                 |
| 05:00                 | 01:40                 |

| Recipe Time 400 WATTS | Convert to 1200 WATTS |
|-----------------------|-----------------------|
| MIN:SEC               | MIN:SEC               |
| 05:05                 | 01:42                 |
| 05:10                 | 01:43                 |
| 05:15                 | 01:45                 |
| 05:20                 | 01:47                 |
| 05:25                 | 01:48                 |
| 05:30                 | 01:50                 |
| 05:35                 | 01:52                 |
| 05:40                 | 01:53                 |
| 05:45                 | 01:55                 |
| 05:50                 | 01:57                 |
| 05:55                 | 01:58                 |
| 06:00                 | 02:00                 |
| 06:05                 | 02:02                 |
| 06:10                 | 02:03                 |
| 06:15                 | 02:05                 |
| 06:20                 | 02:07                 |
| 06:25                 | 02:08                 |
| 06:30                 | 02:10                 |
| 06:35                 | 02:12                 |
| 06:40                 | 02:13                 |
| 06:45                 | 02:15                 |
| 06:50                 | 02:17                 |
| 06:55                 | 02:18                 |
| 07:00                 | 02:20                 |
| 07:05                 | 02:22                 |
| 07:10                 | 02:23                 |
| 07:15                 | 02:25                 |
| 07:20                 | 02:27                 |
| 07:25                 | 02:28                 |
| 07:30                 | 02:30                 |

| Recipe Time 400 WATTS | Convert to 1200 WATTS |
|-----------------------|-----------------------|
| MIN:SEC               | MIN:SEC               |
| 07:35                 | 02:32                 |
| 07:40                 | 02:33                 |
| 07:45                 | 02:35                 |
| 07:50                 | 02:37                 |
| 07:55                 | 02:38                 |
| 08:00                 | 02:40                 |
| 08:05                 | 02:42                 |
| 08:10                 | 02:43                 |
| 08:15                 | 02:45                 |
| 08:20                 | 02:47                 |
| 08:25                 | 02:48                 |
| 08:30                 | 02:50                 |
| 08:35                 | 02:52                 |
| 08:40                 | 02:53                 |
| 08:45                 | 02:55                 |
| 08:50                 | 02:57                 |
| 08:55                 | 02:58                 |
| 09:00                 | 03:00                 |
| 09:05                 | 03:02                 |
| 09:10                 | 03:03                 |
| 09:15                 | 03:05                 |
| 09:20                 | 03:07                 |
| 09:25                 | 03:08                 |
| 09:30                 | 03:10                 |
| 09:35                 | 03:12                 |
| 09:40                 | 03:13                 |
| 09:45                 | 03:15                 |
| 09:50                 | 03:17                 |
| 09:55                 | 03:18                 |
| 10:00                 | 03:20                 |

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