



# Microwave Conversion Chart

## Convert Recipe for 625-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 625 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 625 WATTS<br>MIN:SEC | Convert to 1200 WATTS<br>MIN:SEC |
|----------------------------------|----------------------------------|
| 00:05                            | 00:03                            |
| 00:10                            | 00:05                            |
| 00:15                            | 00:08                            |
| 00:20                            | 00:10                            |
| 00:25                            | 00:13                            |
| 00:30                            | 00:16                            |
| 00:35                            | 00:18                            |
| 00:40                            | 00:21                            |
| 00:45                            | 00:23                            |
| 00:50                            | 00:26                            |
| 00:55                            | 00:29                            |
| 01:00                            | 00:31                            |
| 01:05                            | 00:34                            |
| 01:10                            | 00:36                            |
| 01:15                            | 00:39                            |
| 01:20                            | 00:42                            |
| 01:25                            | 00:44                            |
| 01:30                            | 00:47                            |
| 01:35                            | 00:49                            |
| 01:40                            | 00:52                            |
| 01:45                            | 00:55                            |
| 01:50                            | 00:57                            |
| 01:55                            | 01:00                            |
| 02:00                            | 01:03                            |
| 02:05                            | 01:05                            |
| 02:10                            | 01:08                            |
| 02:15                            | 01:10                            |
| 02:20                            | 01:13                            |
| 02:25                            | 01:16                            |
| 02:30                            | 01:18                            |

| Recipe Time 625 WATTS<br>MIN:SEC | Convert to 1200 WATTS<br>MIN:SEC |
|----------------------------------|----------------------------------|
| 02:35                            | 01:21                            |
| 02:40                            | 01:23                            |
| 02:45                            | 01:26                            |
| 02:50                            | 01:29                            |
| 02:55                            | 01:31                            |
| 03:00                            | 01:34                            |
| 03:05                            | 01:36                            |
| 03:10                            | 01:39                            |
| 03:15                            | 01:42                            |
| 03:20                            | 01:44                            |
| 03:25                            | 01:47                            |
| 03:30                            | 01:49                            |
| 03:35                            | 01:52                            |
| 03:40                            | 01:55                            |
| 03:45                            | 01:57                            |
| 03:50                            | 02:00                            |
| 03:55                            | 02:02                            |
| 04:00                            | 02:05                            |
| 04:05                            | 02:08                            |
| 04:10                            | 02:10                            |
| 04:15                            | 02:13                            |
| 04:20                            | 02:15                            |
| 04:25                            | 02:18                            |
| 04:30                            | 02:21                            |
| 04:35                            | 02:23                            |
| 04:40                            | 02:26                            |
| 04:45                            | 02:28                            |
| 04:50                            | 02:31                            |
| 04:55                            | 02:34                            |
| 05:00                            | 02:36                            |

| Recipe Time 625 WATTS<br>MIN:SEC | Convert to 1200 WATTS<br>MIN:SEC |
|----------------------------------|----------------------------------|
| 05:05                            | 02:39                            |
| 05:10                            | 02:41                            |
| 05:15                            | 02:44                            |
| 05:20                            | 02:47                            |
| 05:25                            | 02:49                            |
| 05:30                            | 02:52                            |
| 05:35                            | 02:54                            |
| 05:40                            | 02:57                            |
| 05:45                            | 03:00                            |
| 05:50                            | 03:02                            |
| 05:55                            | 03:05                            |
| 06:00                            | 03:08                            |
| 06:05                            | 03:10                            |
| 06:10                            | 03:13                            |
| 06:15                            | 03:15                            |
| 06:20                            | 03:18                            |
| 06:25                            | 03:21                            |
| 06:30                            | 03:23                            |
| 06:35                            | 03:26                            |
| 06:40                            | 03:28                            |
| 06:45                            | 03:31                            |
| 06:50                            | 03:34                            |
| 06:55                            | 03:36                            |
| 07:00                            | 03:39                            |
| 07:05                            | 03:41                            |
| 07:10                            | 03:44                            |
| 07:15                            | 03:47                            |
| 07:20                            | 03:49                            |
| 07:25                            | 03:52                            |
| 07:30                            | 03:54                            |

| Recipe Time 625 WATTS<br>MIN:SEC | Convert to 1200 WATTS<br>MIN:SEC |
|----------------------------------|----------------------------------|
| 07:35                            | 03:57                            |
| 07:40                            | 04:00                            |
| 07:45                            | 04:02                            |
| 07:50                            | 04:05                            |
| 07:55                            | 04:07                            |
| 08:00                            | 04:10                            |
| 08:05                            | 04:13                            |
| 08:10                            | 04:15                            |
| 08:15                            | 04:18                            |
| 08:20                            | 04:20                            |
| 08:25                            | 04:23                            |
| 08:30                            | 04:26                            |
| 08:35                            | 04:28                            |
| 08:40                            | 04:31                            |
| 08:45                            | 04:33                            |
| 08:50                            | 04:36                            |
| 08:55                            | 04:39                            |
| 09:00                            | 04:41                            |
| 09:05                            | 04:44                            |
| 09:10                            | 04:46                            |
| 09:15                            | 04:49                            |
| 09:20                            | 04:52                            |
| 09:25                            | 04:54                            |
| 09:30                            | 04:57                            |
| 09:35                            | 04:59                            |
| 09:40                            | 05:02                            |
| 09:45                            | 05:05                            |
| 09:50                            | 05:07                            |
| 09:55                            | 05:10                            |
| 10:00                            | 05:13                            |

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