



# Microwave Conversion Chart

## Convert Recipe for 1100-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 1100 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<br>Time 1100<br>WATTS<br>MIN:SEC | Convert to<br>700<br>WATTS<br>MIN:SEC |
|-----------------------------------------|---------------------------------------|
| 00:05                                   | 00:08                                 |
| 00:10                                   | 00:16                                 |
| 00:15                                   | 00:24                                 |
| 00:20                                   | 00:31                                 |
| 00:25                                   | 00:39                                 |
| 00:30                                   | 00:47                                 |
| 00:35                                   | 00:55                                 |
| 00:40                                   | 01:03                                 |
| 00:45                                   | 01:11                                 |
| 00:50                                   | 01:19                                 |
| 00:55                                   | 01:26                                 |
| 01:00                                   | 01:34                                 |
| 01:05                                   | 01:42                                 |
| 01:10                                   | 01:50                                 |
| 01:15                                   | 01:58                                 |
| 01:20                                   | 02:06                                 |
| 01:25                                   | 02:14                                 |
| 01:30                                   | 02:21                                 |
| 01:35                                   | 02:29                                 |
| 01:40                                   | 02:37                                 |
| 01:45                                   | 02:45                                 |
| 01:50                                   | 02:53                                 |
| 01:55                                   | 03:01                                 |
| 02:00                                   | 03:09                                 |
| 02:05                                   | 03:16                                 |
| 02:10                                   | 03:24                                 |
| 02:15                                   | 03:32                                 |
| 02:20                                   | 03:40                                 |
| 02:25                                   | 03:48                                 |
| 02:30                                   | 03:56                                 |

| Recipe<br>Time 1100<br>WATTS<br>MIN:SEC | Convert to<br>700<br>WATTS<br>MIN:SEC |
|-----------------------------------------|---------------------------------------|
| 02:35                                   | 04:04                                 |
| 02:40                                   | 04:11                                 |
| 02:45                                   | 04:19                                 |
| 02:50                                   | 04:27                                 |
| 02:55                                   | 04:35                                 |
| 03:00                                   | 04:43                                 |
| 03:05                                   | 04:51                                 |
| 03:10                                   | 04:59                                 |
| 03:15                                   | 05:06                                 |
| 03:20                                   | 05:14                                 |
| 03:25                                   | 05:22                                 |
| 03:30                                   | 05:30                                 |
| 03:35                                   | 05:38                                 |
| 03:40                                   | 05:46                                 |
| 03:45                                   | 05:54                                 |
| 03:50                                   | 06:01                                 |
| 03:55                                   | 06:09                                 |
| 04:00                                   | 06:17                                 |
| 04:05                                   | 06:25                                 |
| 04:10                                   | 06:33                                 |
| 04:15                                   | 06:41                                 |
| 04:20                                   | 06:49                                 |
| 04:25                                   | 06:56                                 |
| 04:30                                   | 07:04                                 |
| 04:35                                   | 07:12                                 |
| 04:40                                   | 07:20                                 |
| 04:45                                   | 07:28                                 |
| 04:50                                   | 07:36                                 |
| 04:55                                   | 07:44                                 |
| 05:00                                   | 07:51                                 |

| Recipe<br>Time 1100<br>WATTS<br>MIN:SEC | Convert to<br>700<br>WATTS<br>MIN:SEC |
|-----------------------------------------|---------------------------------------|
| 05:05                                   | 07:59                                 |
| 05:10                                   | 08:07                                 |
| 05:15                                   | 08:15                                 |
| 05:20                                   | 08:23                                 |
| 05:25                                   | 08:31                                 |
| 05:30                                   | 08:39                                 |
| 05:35                                   | 08:46                                 |
| 05:40                                   | 08:54                                 |
| 05:45                                   | 09:02                                 |
| 05:50                                   | 09:10                                 |
| 05:55                                   | 09:18                                 |
| 06:00                                   | 09:26                                 |
| 06:05                                   | 09:34                                 |
| 06:10                                   | 09:41                                 |
| 06:15                                   | 09:49                                 |
| 06:20                                   | 09:57                                 |
| 06:25                                   | 10:05                                 |
| 06:30                                   | 10:13                                 |
| 06:35                                   | 10:21                                 |
| 06:40                                   | 10:29                                 |
| 06:45                                   | 10:36                                 |
| 06:50                                   | 10:44                                 |
| 06:55                                   | 10:52                                 |
| 07:00                                   | 11:00                                 |
| 07:05                                   | 11:08                                 |
| 07:10                                   | 11:16                                 |
| 07:15                                   | 11:24                                 |
| 07:20                                   | 11:31                                 |
| 07:25                                   | 11:39                                 |
| 07:30                                   | 11:47                                 |

| Recipe<br>Time 1100<br>WATTS<br>MIN:SEC | Convert to<br>700<br>WATTS<br>MIN:SEC |
|-----------------------------------------|---------------------------------------|
| 07:35                                   | 11:55                                 |
| 07:40                                   | 12:03                                 |
| 07:45                                   | 12:11                                 |
| 07:50                                   | 12:19                                 |
| 07:55                                   | 12:26                                 |
| 08:00                                   | 12:34                                 |
| 08:05                                   | 12:42                                 |
| 08:10                                   | 12:50                                 |
| 08:15                                   | 12:58                                 |
| 08:20                                   | 13:06                                 |
| 08:25                                   | 13:14                                 |
| 08:30                                   | 13:21                                 |
| 08:35                                   | 13:29                                 |
| 08:40                                   | 13:37                                 |
| 08:45                                   | 13:45                                 |
| 08:50                                   | 13:53                                 |
| 08:55                                   | 14:01                                 |
| 09:00                                   | 14:09                                 |
| 09:05                                   | 14:16                                 |
| 09:10                                   | 14:24                                 |
| 09:15                                   | 14:32                                 |
| 09:20                                   | 14:40                                 |
| 09:25                                   | 14:48                                 |
| 09:30                                   | 14:56                                 |
| 09:35                                   | 15:04                                 |
| 09:40                                   | 15:11                                 |
| 09:45                                   | 15:19                                 |
| 09:50                                   | 15:27                                 |
| 09:55                                   | 15:35                                 |
| 10:00                                   | 15:43                                 |

# Recipe Conversion For Microwave

**Karen Dwyer**



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