



# Microwave Conversion Chart

## Convert Recipe for 1100-Watt Oven To 900-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 900 WATTS' is the time you should use instead of the time in the recipe.

| Recipe Time 1100 WATTS | Convert to 900 WATTS |
|------------------------|----------------------|
| MIN:SEC                | MIN:SEC              |
| 00:05                  | 00:06                |
| 00:10                  | 00:12                |
| 00:15                  | 00:18                |
| 00:20                  | 00:24                |
| 00:25                  | 00:31                |
| 00:30                  | 00:37                |
| 00:35                  | 00:43                |
| 00:40                  | 00:49                |
| 00:45                  | 00:55                |
| 00:50                  | 01:01                |
| 00:55                  | 01:07                |
| 01:00                  | 01:13                |
| 01:05                  | 01:19                |
| 01:10                  | 01:26                |
| 01:15                  | 01:32                |
| 01:20                  | 01:38                |
| 01:25                  | 01:44                |
| 01:30                  | 01:50                |
| 01:35                  | 01:56                |
| 01:40                  | 02:02                |
| 01:45                  | 02:08                |
| 01:50                  | 02:14                |
| 01:55                  | 02:21                |
| 02:00                  | 02:27                |
| 02:05                  | 02:33                |
| 02:10                  | 02:39                |
| 02:15                  | 02:45                |
| 02:20                  | 02:51                |
| 02:25                  | 02:57                |
| 02:30                  | 03:03                |

| Recipe Time 1100 WATTS | Convert to 900 WATTS |
|------------------------|----------------------|
| MIN:SEC                | MIN:SEC              |
| 02:35                  | 03:09                |
| 02:40                  | 03:16                |
| 02:45                  | 03:22                |
| 02:50                  | 03:28                |
| 02:55                  | 03:34                |
| 03:00                  | 03:40                |
| 03:05                  | 03:46                |
| 03:10                  | 03:52                |
| 03:15                  | 03:58                |
| 03:20                  | 04:04                |
| 03:25                  | 04:11                |
| 03:30                  | 04:17                |
| 03:35                  | 04:23                |
| 03:40                  | 04:29                |
| 03:45                  | 04:35                |
| 03:50                  | 04:41                |
| 03:55                  | 04:47                |
| 04:00                  | 04:53                |
| 04:05                  | 04:59                |
| 04:10                  | 05:06                |
| 04:15                  | 05:12                |
| 04:20                  | 05:18                |
| 04:25                  | 05:24                |
| 04:30                  | 05:30                |
| 04:35                  | 05:36                |
| 04:40                  | 05:42                |
| 04:45                  | 05:48                |
| 04:50                  | 05:54                |
| 04:55                  | 06:01                |
| 05:00                  | 06:07                |

| Recipe Time 1100 WATTS | Convert to 900 WATTS |
|------------------------|----------------------|
| MIN:SEC                | MIN:SEC              |
| 05:05                  | 06:13                |
| 05:10                  | 06:19                |
| 05:15                  | 06:25                |
| 05:20                  | 06:31                |
| 05:25                  | 06:37                |
| 05:30                  | 06:43                |
| 05:35                  | 06:49                |
| 05:40                  | 06:56                |
| 05:45                  | 07:02                |
| 05:50                  | 07:08                |
| 05:55                  | 07:14                |
| 06:00                  | 07:20                |
| 06:05                  | 07:26                |
| 06:10                  | 07:32                |
| 06:15                  | 07:38                |
| 06:20                  | 07:44                |
| 06:25                  | 07:51                |
| 06:30                  | 07:57                |
| 06:35                  | 08:03                |
| 06:40                  | 08:09                |
| 06:45                  | 08:15                |
| 06:50                  | 08:21                |
| 06:55                  | 08:27                |
| 07:00                  | 08:33                |
| 07:05                  | 08:39                |
| 07:10                  | 08:46                |
| 07:15                  | 08:52                |
| 07:20                  | 08:58                |
| 07:25                  | 09:04                |
| 07:30                  | 09:10                |

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|------------------------|----------------------|
| MIN:SEC                | MIN:SEC              |
| 07:35                  | 09:16                |
| 07:40                  | 09:22                |
| 07:45                  | 09:28                |
| 07:50                  | 09:34                |
| 07:55                  | 09:41                |
| 08:00                  | 09:47                |
| 08:05                  | 09:53                |
| 08:10                  | 09:59                |
| 08:15                  | 10:05                |
| 08:20                  | 10:11                |
| 08:25                  | 10:17                |
| 08:30                  | 10:23                |
| 08:35                  | 10:29                |
| 08:40                  | 10:36                |
| 08:45                  | 10:42                |
| 08:50                  | 10:48                |
| 08:55                  | 10:54                |
| 09:00                  | 11:00                |
| 09:05                  | 11:06                |
| 09:10                  | 11:12                |
| 09:15                  | 11:18                |
| 09:20                  | 11:24                |
| 09:25                  | 11:31                |
| 09:30                  | 11:37                |
| 09:35                  | 11:43                |
| 09:40                  | 11:49                |
| 09:45                  | 11:55                |
| 09:50                  | 12:01                |
| 09:55                  | 12:07                |
| 10:00                  | 12:13                |

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