



MICROWAVE HEATING CHART

(Retail Oven)

Sponsored by: "[The New England Primer, 1996](http://neprimer.com/ePress/articles/micro-wav.pdf)"

PDF link: <http://neprimer.com/ePress/articles/micro-wav.pdf>

Microwave Heating Chart							
	ELAPSED TIME Min:Sec	TOTAL Time Sec.	POWER LEVEL (PL)				
			Total Heating (Sec.) & Equivalent Time // (Min:Sec.)				
			9	8	7	6	5
	1:00	60	54 <u>0.54</u>	48	42	36	30
	1:17	77	69 <u>1.09</u>	62 <u>1.02</u>	54	46	39
	1:28	88	79 <u>1.19</u>	70 <u>1.10</u>	62 <u>1.02</u>	53	44
	1:39	99	89 <u>1.29</u>	79 <u>1.19</u>	69 <u>1.09</u>	59 <u>0.59</u>	50 <u>0.50</u>
	2:00	120	108 <u>1.48</u>	96 <u>1.36</u>	84 <u>1.24</u>	72 <u>1.12</u>	60 <u>1.00</u>
	2:30	150	135 <u>2.15</u>	120 <u>2.00</u>	105 <u>1.45</u>	90 <u>1.30</u>	75 <u>1.15</u>
	3:00	180	162 <u>2.42</u>	144 <u>2.24</u>	126 <u>2.06</u>	108 <u>1.48</u>	90 <u>1.30</u>
	3:30	210	189 <u>3.09</u>	168 <u>2.48</u>	147 <u>2.27</u>	126 <u>2.06</u>	105 <u>1.45</u>
	4:00	240	216 <u>3.36</u>	192 <u>3.12</u>	168 <u>2.48</u>	144 <u>2.24</u>	120 <u>2.00</u>
	4:30	270	243 <u>4.03</u>	216 <u>3.36</u>	189 <u>3.09</u>	162 <u>2.42</u>	135 <u>2.15</u>
	5:00	300	270 <u>4.30</u>	240 <u>4.00</u>	210 <u>3.30</u>	180 <u>3.00</u>	150 <u>2.30</u>
	5:30	330	297 <u>4.57</u>	264 <u>4.24</u>	231 <u>3.51</u>	198 <u>3.18</u>	165 <u>2.45</u>
Sponsor: The New England Primer; The first home & public school textbook. url: http://NEPrimer.com/ePress/articles/micro-wav.pdf / htm							
Notes: This chart allows re-heating food slower but with near equivalent full power-seconds. Some microwaves reduce power over 30 sec. spans: PL-8 = "ON" 24 sec. "OFF" 6 sec. Your use of this chart confirms your acceptance of the disclaimer(s) below.							

Disclaimer: This chart is intended as potential useful conversion information only and in no way should it be considered complete, applicable in your particular situation nor scientific and because of the potential for microwave oven misuse; we, BizMin Association, shall be absolved of any and all liabilities for the use, misuse or abuse of this suggested information.

microwave food chart, microwave heating, microwave power, microwave power density, microwave graph, microwave power graph, power chart,

Microwave Heating Chart							
Digital Key Entry	ELAPSED TIME Min:Sec	TOTAL Time Sec.	POWER LEVEL (PL)				
			Total Heating (Sec.) & Equivalent Time // (Min:Sec.)				
			9	8	7	6	5
111	1:11	71	64 <u>1:04</u>	57	50	43	36
77	1:17	77	69 <u>1:09</u>	62 <u>1:02</u>	54	46	39
88	1:28	88	79 <u>1:19</u>	70 <u>1:10</u>	62 <u>1:02</u>	53	44
99	1:39	99	89 <u>1:29</u>	79 <u>1:19</u>	69 <u>1:09</u>	59 <u>0:59</u>	50
200 *	2:00	120	108 <u>1:48</u>	96 <u>1:36</u>	84 <u>1:24</u>	72 <u>1:12</u>	60 <u>1:00</u>
222	2:22	142	128 <u>2:08</u>	114 <u>1:54</u>	99 <u>1:39</u>	85 <u>1:25</u>	71 <u>1:11</u>
333	3:33	213	192 <u>3:12</u>	170 <u>2:50</u>	149 <u>2:29</u>	128 <u>2:08</u>	107 <u>1:47</u>
444	4:44	284	256 <u>4:16</u>	227 <u>3:47</u>	199 <u>3:19</u>	170 <u>2:50</u>	142 <u>2:22</u>
555	5:55	355	320 <u>5:20</u>	284 <u>4:44</u>	249 <u>4:09</u>	213 <u>3:33</u>	178 <u>2:58</u>
666	7:16	436	392 <u>6:32</u>	349 <u>5:49</u>	305 <u>5:05</u>	262 <u>4:22</u>	218 <u>3:38</u>
777	8:17	497	447 <u>7:27</u>	398 <u>6:38</u>	348 <u>5:48</u>	298 <u>4:58</u>	249 <u>4:09</u>
888	9:28	568	511 <u>8:31</u>	454 <u>7:34</u>	398 <u>6:38</u>	341 <u>5:41</u>	284 <u>4:44</u>
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Notes: This chart allows re-heating food slower but with near equivalent full power-seconds. Some microwaves reduce power over 30 sec. spans: PL-8 = "ON" 24 sec. "OFF" 6 sec. * This "200" line was added to smooth the trends on the right side of the table. Your use of this chart confirms your acceptance of the disclaimer(s) below.							

This chart was designed for simplistic "Digital Key Entry" but still allowing for various power equivalents. For example.: Digital Key Entry: 444 @ PL-9 will bring a 2 cup container of water & 2 tea bags to a short boil very nicely with a 800 watt microwave. (Reduce time &/or PL with 1000 watt+ microwave ovens.).

Because Microwave power can only be full "on" or totally "off" the only way the manufacturers can regulate power is by regulating the effective full "on" cooking time. The numbers represent percentages of full power for example the #8 is 80% of full power so that the effective full "on" cooking time over 30 seconds would be 0.8 x 30 = 24 seconds "on" and "off" for 6 seconds. For a minute at 80% it would cook: 24 sec "on" - 6 sec. off, 24 sec on - 6 sec. off for an effective cooking time total of 48 seconds "on". [BTW the owners manual didn't have this info. in it. I had to figure it out for myself.]

One of my favorite items is baked potatoes and I've learned that 8 oz. at 8 minutes at power level #6 bakes one of them just right. Sometimes I'll have a meal in the oven and get interrupted and by using this chart I can keep it hot without over cooking it by using power level #5 or #4.

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