

nuwave

LIVE WELL FOR LESS



NUWAVE[®] PRO PLUS INFRARED OVEN

Manual & Complete Cookbook

nuwave

Live Well For Less

Quick & Easy Cooking Guide

All cooking times are based on a temperature of 300°F



Beef & Lamb

Roasts 2-10 lbs

Roast Height

Internal Temp

Fresh

Frozen

1 in

125-130°

15-17 minutes

20-25 minutes

130-135°

17-19 minutes

21-23 minutes

135-140°

19-21 minutes

23-25 minutes

145+

21+ minutes

25+ minutes

Burgers 1/2 in thick

3 in

160+

5-7 minutes

8-9 minutes

Steaks 1 in thick

3 in

125-130°

5-6 minutes

10-11 minutes

130-135°

6-7 minutes

11-12 minutes

135-140°

7-8 minutes

12-13 minutes

145+

8+ minutes

14+ minutes

Pork

Ham (Precooked)

1 in

160+

15-18 minutes

20-25 minutes

Sausage

3 in

160+

5-6 minutes

8-10 minutes

Bacon

3 in

160+

5-6 minutes

8-10

Salisbury, Braised, Etc.

3 in

160+

5-6 minutes

10-12 minutes

Chops

3 in

160+

5-6 minutes

7-8 minutes

Roasts 3-7 lbs

1 in

145+

17-19 minutes

20-25 minutes

Tenderloin 2-4 lbs

3 in

140+

12-14 minutes

15-20 minutes

Spare Rib

1 in

160+

14-20 minutes

20-24 minutes

Poultry

Chicken, (Roasted) Breast

3 in

160+

12-14 minutes

15-17 minutes

Chicken, 1/2 in (Roasted) Breast

3 in

160+

11-13 minutes

14-16 minutes

(Chicken add 2 more min 1/2 in)

Chicken, whole 3-4 lbs

1 in

160+

17-20 minutes

20-25 minutes

Turkey, whole 8-10 lbs

1 in

160+

18-19 minutes

21-24 minutes

Turkey, whole 11-14 lbs

1 in

160+

18-19 minutes

21-24 minutes

Turkey, Breast 3-7 lbs

1 in

160+

18-19 minutes

21-24 minutes

Eggs

Seafood

Fish, Steaks & Fillets 1/2 in

Shrimp & Scallops

Lobster Tails 4 oz (small)

Crab Legs

Vegetables

Roast Potatoes (1/2 in thick)

Potatoes, whole (medium)

Steamed Broccoli & Cauliflower

Green Beans (1/2 in thick) or 1/2 in

Squash, Acorn, Butternut & Spaghetti

Roasted

Onion, Garlic, Peppers

Carrots, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenders & Nuggets

Frozen Vegetables 3/4 in (frozen state)

Onion Rings

Mozzarella Sticks

Hot Wings

TIP: Flip larger food items over halfway through cooking.



Nuwave Pro Cooking Guide Manual

VM Jensen



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