

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

1-2"

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

3-4"

160°+

5-7 minutes

8-9 minutes

Steaks 1-in thick

3-4"

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)

1-2"

160°+

15-18 minutes

20-25 minutes

Sausage

3-4"

140°+

5-6 minutes

8-10 minutes

Bacon

3-4"

160°+

5-6 minutes

8-10 minutes

Salisbury, Braised, Etc.

3-4"

160°+

5-6 minutes

8-10 minutes

Chops

3-4"

140°+

5-6 minutes

8-10 minutes

Roasts 3-7 lbs

1-2"

145°+

17-19 minutes

21-23 minutes

Tenderloin 2-4 lbs

3-4"

140°+

12-14 minutes

16-20 minutes

Spare Ribs

1-2"

160°+

18-22 minutes

22-24 minutes

Poultry

Chicken, Boneless Breast

3-4"

160°+

12-14 minutes

16-18 minutes

Chicken, 1/2-in Boneless/Breast Breast
(Chicken add 2 mins per 1/2 in)

3-4"

160°+

14-16 minutes

18-20 minutes

Chicken, whole 3-4 lbs

1-2"

160°+

17-19 minutes

21-23 minutes

Turkey, whole 6-10 lbs

1-2"

160°+

18-19 minutes

22-24 minutes

Turkey, whole 11-14 lbs

1-2"

160°+

18-19 minutes

22-24 minutes

Turkey, Breast 6-7 lbs

1-2"

160°+

18-19 minutes

22-24 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 med. size

Steamed Broccoli & Cauliflower

Green Beans (1/2-in thick) 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 thick (dry)

Onion Rings

Mozzarella Sticks

Hot Wings

TIP: Flip larger food items over halfway through cooking.



Nuwave Infrared Oven Instruction Manual

VM Jensen



Nuwave Infrared Oven Instruction Manual:

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Table of Contents Nuwave Infrared Oven Instruction Manual

1. Understanding the eBook Nuwave Infrared Oven Instruction Manual
 - The Rise of Digital Reading Nuwave Infrared Oven Instruction Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Nuwave Infrared Oven Instruction Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nuwave Infrared Oven Instruction Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nuwave Infrared Oven Instruction Manual
 - Personalized Recommendations
 - Nuwave Infrared Oven Instruction Manual User Reviews and Ratings
 - Nuwave Infrared Oven Instruction Manual and Bestseller Lists
5. Accessing Nuwave Infrared Oven Instruction Manual Free and Paid eBooks
 - Nuwave Infrared Oven Instruction Manual Public Domain eBooks
 - Nuwave Infrared Oven Instruction Manual eBook Subscription Services
 - Nuwave Infrared Oven Instruction Manual Budget-Friendly Options

6. Navigating Nuwave Infrared Oven Instruction Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Nuwave Infrared Oven Instruction Manual Compatibility with Devices
 - Nuwave Infrared Oven Instruction Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nuwave Infrared Oven Instruction Manual
 - Highlighting and Note-Taking Nuwave Infrared Oven Instruction Manual
 - Interactive Elements Nuwave Infrared Oven Instruction Manual
8. Staying Engaged with Nuwave Infrared Oven Instruction Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nuwave Infrared Oven Instruction Manual
9. Balancing eBooks and Physical Books Nuwave Infrared Oven Instruction Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nuwave Infrared Oven Instruction Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nuwave Infrared Oven Instruction Manual
 - Setting Reading Goals Nuwave Infrared Oven Instruction Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nuwave Infrared Oven Instruction Manual
 - Fact-Checking eBook Content of Nuwave Infrared Oven Instruction Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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