

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	21-26 minutes
		135-140°	19-20 minutes	22-27 minutes
		145°+	21+ minutes	24+ minutes
Burgers 1/2 in thick	3/4 in	160°+	5-7 minutes	8-9 minutes
Steaks 1 in thick	3/4 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	140°+	15-18 minutes	20-25 minutes
Sausage	3/4 in	140°+	5-6 minutes	8-10 minutes
Bacon	3/4 in	160°+	5-6 minutes	N/A
Salisbury, Braised, Etc.	3/4 in	160°+	5-6 minutes	10-12 minutes
Chops	3/4 in	140°+	5-6 minutes	7-8 minutes
Roasts 3-7 lbs	1 in	140°+	17-19 minutes	20-25 minutes
Tenderloin 2-4 lbs	3/4 in	140°+	12-14 minutes	15-20 minutes
Spare Ribs	1 in	160°+	18-22 minutes	22-24 minutes

Poultry

Chicken, Bone-in Pieces	3/4 in	160°+	12-14 minutes	15-17 minutes
Chicken, 1/2 in Boneless/Skinless Breasts (Chicken add 2 mins per 1/2 in)	3/4 in	160°+	11-13 minutes	14-16 minutes
Chicken, whole 3-4 lbs	1 in	160°+	17-20 minutes	20-25 minutes
Turkey, whole 8-14 lbs	1 in	160°+	18-12 minutes	22-24 minutes
Turkey, whole 15-18 lbs	1 in	160°+	18-12 minutes	22-24 minutes
Turkey, breasts 3-7 lbs	1 in	160°+	18-12 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
(Steam 1/2 in thick with 1/2 in oil or 1/2 in)
Squash, Asparagus, Bell Peppers & Tomatoes
Roasted
Onion, Garlic, Peppers,
Eggplant, 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.



New Wave Oven Manual

Annelies Wilder-Smith



New Wave Oven Manual:

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Table of Contents New Wave Oven Manual

1. Understanding the eBook New Wave Oven Manual
 - The Rise of Digital Reading New Wave Oven Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying New Wave Oven 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 New Wave Oven Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from New Wave Oven Manual
 - Personalized Recommendations
 - New Wave Oven Manual User Reviews and Ratings
 - New Wave Oven Manual and Bestseller Lists
5. Accessing New Wave Oven Manual Free and Paid eBooks
 - New Wave Oven Manual Public Domain eBooks
 - New Wave Oven Manual eBook Subscription Services
 - New Wave Oven Manual Budget-Friendly Options
6. Navigating New Wave Oven Manual eBook Formats

- ePub, PDF, MOBI, and More
- New Wave Oven Manual Compatibility with Devices
- New Wave Oven Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of New Wave Oven Manual
 - Highlighting and Note-Taking New Wave Oven Manual
 - Interactive Elements New Wave Oven Manual
- 8. Staying Engaged with New Wave Oven Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers New Wave Oven Manual
- 9. Balancing eBooks and Physical Books New Wave Oven Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection New Wave Oven Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine New Wave Oven Manual
 - Setting Reading Goals New Wave Oven Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of New Wave Oven Manual
 - Fact-Checking eBook Content of New Wave Oven 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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