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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

	Rack Height	Internal Temp	Fresh	Frozen
Roasts 3-10 lbs	1 in	125-130° 130-135° 135-140° 145°+	18-27 minutes Fast 21-29 minutes Med. Fast 28-35 minutes Medium 31+ minutes Med. Slow	28-37 minutes Fast 31-39 minutes Med. Fast 38-45 minutes Medium 41+ minutes Med. Slow
Burgers 1/2-in thick	0 in	140°+	5-7 minutes	8-9 minutes
Steaks 1-in thick	0 in	125-130° 130-135° 135-140° 145°+	5-6 minutes Fast 6-7 minutes Med. Fast 7-8 minutes Medium 8+ minutes Med. Slow	10-11 minutes Fast 11-12 minutes Med. Fast 12-13 minutes Medium 14+ minutes Med. Slow

Pork

	Rack Height	Internal Temp	Fresh	Frozen
Ham (Precooked)	1 in	140°+	18-22 minutes	28-32 minutes
Sausage	0 in	140°+	5-6 minutes	8-10 minutes
Bacon	0 in	140°+	5-6 minutes	8-10
Salisbury, Braised, Etc.	0 in	140°+	5-6 minutes	10-12 minutes
Chops	0 in	140°+	5-6 minutes	7-8 minutes
Roasts 3-7 lbs	1 in	145°+	11-14 minutes	18-20 minutes
Tenderloin 2-4 lbs	0 in	140°+	12-14 minutes	18-20 minutes
Spare Ribs	1 in	140°+	18-22 minutes	25-30 minutes

Poultry

	Rack Height	Internal Temp	Fresh	Frozen
Chicken, Bone-in Piece	0 in	140°+	12-14 minutes	18-22 minutes
Chicken, 1/2 or Boneless/Skinless Breast (Chicken with 1 bone will be 15 in)	0 in	140°+	11-12 minutes	18-21 minutes
Chicken, whole 3-4 lbs	1 in	140°+	12-20 minutes	22-24 minutes
Turkey, whole 8-10 lbs	1 in	140°+	18-22 minutes	24-26 minutes
Turkey, whole 11-14 lbs	1 in	140°+	22-24 minutes	28-30 minutes
Turkey, Breast 5-7 lbs	1 in	140°+	22-24 minutes	28-30 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) Green Lentils 1/2 in Thick
Squash, Acorn, Butternut & Spaghetti
Roasted
Onion, Garlic, Peppers,
Cucumbers, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenderloins & Burgers
Frozen Vegetables 1/2 in Green Beans
Green Rings
Mozzarella Sticks
Hot Wings

TIP: Flip larger food items over halfway through cooking.



Nuwave Mini Manual

Lei Huang



Nuwave Mini Manual:

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