

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	3/4 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
Roasts, 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	20-23 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	20-23 minutes
Turkey, whole 8-14 lbs	1 in	160°+	18-22 minutes	22-24 minutes
Turkey, whole 15-18 lbs	1 in	160°+	22-24 minutes	26-28 minutes
Turkey, Breast 6-7 lbs	1 in	160°+	18-22 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 oil)
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.



Nuwave Pic Owners Manual

Digital Equipment Corporation

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the company name.

Nuwave Pic Owners Manual:

Rainbow ,1983 Rainbow Digital Equipment Corporation,1982 *Ansel* Logitech (Fremont),1990 GrayTouch
Logitech (Fremont),Logitech, Inc,1991

Nuwave Pic Owners Manual: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Nuwave Pic Owners Manual : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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