

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

| | Rack Height | Internal Temp | Fresh | Frozen |
|----------------------|-------------|---|--|--|
| Roasts 3-10 lbs | 1 in | 125-130° 130-135° 135-140° 145°+ | 18-27 minutes Fast 21-28 minutes Med. Fast 28-35 minutes Medium 31+ minutes Med. Slow | 28-37 minutes Fast 31-38 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°+ | 18-28 minutes | 28-37 minutes |
| Sausage | 0 in | 140°+ | 5-6 minutes | 8-10 minutes |
| Bacon | 0 in | 140°+ | 5-6 minutes | 8-10 minutes |
| Salami, Braunsch, Etc. | 0 in | 140°+ | 5-6 minutes | 8-10 minutes |
| Chops | 0 in | 140°+ | 5-6 minutes | 7-8 minutes |
| Roasts 3-7 lbs | 1 in | 145°+ | 11-18 minutes | 20-28 minutes |
| Tenderloin 2-4 lbs | 0 in | 140°+ | 12-14 minutes | 18-22 minutes |
| Spare Ribs | 1 in | 140°+ | 18-23 minutes | 25-34 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/Backless Breast (Chicken with 1 bone per 1/2 lb) | 0 in | 140°+ | 11-13 minutes | 18-21 minutes |
| Chicken, whole 2-4 lbs | 1 in | 140°+ | 11-20 minutes | 22-34 minutes |
| Turkey, whole 8-10 lbs | 1 in | 140°+ | 18-22 minutes | 34-48 minutes |
| Turkey, whole 11-14 lbs | 1 in | 140°+ | 22-28 minutes | 44-58 minutes |
| Turkey, Breast 6-7 lbs | 1 in | 140°+ | 22-28 minutes | 44-58 minutes |
| Eggs | | | | |

Seafood

Fish, Steaks & Fillets 1/2 in
Shrimp & Scallops
Lobster Tails 4 oz (small)
Crab Legs

Vegetables

Roast Potatoes (1/2 in med)
Potatoes, whole Med. Size
Steamed Broccoli & Cauliflower
Green Beans (1/2 in med) Green Lentils 1/2 in
Squash, Acorn, Butternut & Spaghetti
Roasted
Onion, Garlic, Peppers,
Cucumbers, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenderloins & Burgers
Frozen Vegetables 1/2 in (one side only)
Green Rings
Mozzarella Sticks
Hot Wings

TIP: Flip larger food items over halfway through cooking.



Nuwave Oven Manual And Cookbook

Rosina Ehmann



Nuwave Oven Manual And Cookbook:

Nuwave Oven Manual And Cookbook Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Nuwave Oven Manual And Cookbook**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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