



MICROWAVE HEATING CHART
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Microwave Heating Chart							
	ELAPSED TIME <i>Min:Sec</i>	TOTAL Time <i>Sec.</i>	POWER LEVEL (PL)				
			Total Heating (Sec.) & Equivalent Time // (Min:Sec.)				
			9	8	7	6	5
<i>1:00</i>	60		54 <u>0.54</u>	48	42	36	30
<i>1:17</i>	77		69 <u>1.09</u>	62 <u>1.02</u>	54	46	39
<i>1:28</i>	88		79 <u>1.19</u>	70 <u>1.10</u>	62 <u>1.02</u>	53	44
<i>1:39</i>	99		89 <u>1.29</u>	79 <u>1.19</u>	69 <u>1.09</u>	59 <u>0.59</u>	50 <u>0.50</u>
<i>2:00</i>	120		108 <u>1.48</u>	96 <u>1.36</u>	84 <u>1.24</u>	72 <u>1.12</u>	60 <u>1.00</u>
<i>2:30</i>	150		135 <u>2.15</u>	120 <u>2.00</u>	105 <u>1.45</u>	90 <u>1.30</u>	75 <u>1.15</u>
<i>3:00</i>	180		162 <u>2.42</u>	144 <u>2.24</u>	126 <u>2.06</u>	108 <u>1.48</u>	90 <u>1.30</u>
<i>3:30</i>	210		189 <u>3.09</u>	168 <u>2.48</u>	147 <u>2.27</u>	126 <u>2.06</u>	105 <u>1.45</u>
<i>4:00</i>	240		216 <u>3.36</u>	192 <u>3.12</u>	168 <u>2.48</u>	144 <u>2.24</u>	120 <u>2.00</u>
<i>4:30</i>	270		243 <u>4.03</u>	216 <u>3.36</u>	189 <u>3.09</u>	162 <u>2.42</u>	135 <u>2.15</u>
<i>5:00</i>	300		270 <u>4.30</u>	240 <u>4.00</u>	210 <u>3.30</u>	180 <u>3.00</u>	150 <u>2.30</u>
<i>5:30</i>	330		297 <u>4.57</u>	264 <u>4.24</u>	231 <u>3.51</u>	198 <u>3.18</u>	165 <u>2.45</u>
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Notes: This chart allows re-heating food slower but with near equivalent full power-seconds. Some microwaves reduce power over 30 sec. spans: PL-8 = "ON" 24 sec. "OFF" 6 sec. Your use of this chart confirms your acceptance of the disclaimer(s) below.							

Disclaimer: This chart is intended as potential useful conversion information only and in no way should it be considered complete, applicable in your particular situation nor scientific and because of the potential for microwave oven misuse, BizMin Association, shall be absolved of all liabilities for the use, misuse or abuse of this suggested information.

Microwave Heating Chart							
Digital Key Entry	ELAPSED TIME Min:Sec	TOTAL Time Sec.	POWER LEVEL (PL)				
			Total Heating (Sec.) & Equivalent Time // (Min:Sec.)				
			9	8	7	6	5
111	1:11	71	64 <u>1:04</u>	57	50	43	36
77	1:17	77	69 <u>1:09</u>	62 <u>1:02</u>	54	46	39
88	1:28	88	79 <u>1:19</u>	70 <u>1:10</u>	62 <u>1:02</u>	53	44
99	1:39	99	89 <u>1:29</u>	79 <u>1:19</u>	69 <u>1:09</u>	59 <u>0:59</u>	50
200 *	2:00	120	108 <u>1:48</u>	96 <u>1:36</u>	84 <u>1:24</u>	72 <u>1:12</u>	60 <u>1:00</u>
222	2:22	142	128 <u>2:08</u>	114 <u>1:54</u>	99 <u>1:39</u>	85 <u>1:25</u>	71 <u>1:11</u>
333	3:33	213	192 <u>3:12</u>	170 <u>2:50</u>	149 <u>2:29</u>	128 <u>2:08</u>	107 <u>1:47</u>
444	4:44	284	256 <u>4:16</u>	227 <u>3:47</u>	199 <u>3:19</u>	170 <u>2:50</u>	142 <u>2:22</u>
555	5:55	355	320 <u>5:20</u>	284 <u>4:44</u>	249 <u>4:09</u>	213 <u>3:33</u>	178 <u>2:58</u>
666	7:16	436	392 <u>6:32</u>	349 <u>5:49</u>	305 <u>5:05</u>	262 <u>4:22</u>	218 <u>3:38</u>
777	8:17	497	447 <u>7:27</u>	398 <u>6:38</u>	348 <u>5:48</u>	298 <u>4:58</u>	249 <u>4:09</u>
888	9:28	568	511 <u>8:31</u>	454 <u>7:34</u>	398 <u>6:38</u>	341 <u>5:41</u>	284 <u>4:44</u>
Sponsor: The New England Primer; The first home & public school textbook. url: http://NEPrimer.com/ePress/articles/micro-wav.pdf / htm							
Notes: This chart allows re-heating food slower but with near equivalent full power-seconds. Some microwaves reduce power over 30 sec. spans: PL-8 = "ON" 24 sec. "OFF" 6 sec. * This "200" line was added to smooth the trends on the right side of the table. Your use of this chart confirms your acceptance of the disclaimer(s) below.							

This chart was designed for simplistic "Digital Key Entry" but still allowing for various power equivalents. For example 1.: Digital Key Entry: 333 @ PL-9 (Power Level 9) will bring a 2 cup container of water & 2 scoops of coffee to a short boil with a 800 watt microwave. (Reduce time &/or PL with 1000 watt+ microwave ovens.). For example #2.: Digital Key Entry: 366 @ PL-8 will bring a 2 cup container of water & 2 tea bags to about 175° F very nicely with a 800 watt microwave. **CAUTION: Trying to boil water in a microwave can cause "super heating" and a non boiled "look"; yet when touched or moved can release a sudden, violent steam-out of scalding water.**

Because Microwave power can only be full "on" or totally "off" the only way the manufacturers can regulate power is by regulating the effective full "on" cooking time. The numbers represent percentages of full power for example the #8 is 80% of full power so that the effective full "on" cooking time over 30 seconds would be 0.8 x 30 = 24 seconds "on" and "off" for 6 seconds. For a minute at 80% it would cook: 24 sec "on" - 6 sec. off, 24 sec on - 6 sec. off for an effective cooking time total of 48 seconds "on". [BTW the owners manual didn't have this info. in it. I had to figure it out for myself.]

One of my favorite items is baked potatoes and I've learned that 8 oz. at 8 minutes at PL-6 bakes one just right.

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