



## Beef & Lamb

	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-inch	125-130°F/51-54°C 130-135°F/54-57°C 135-140°F/57-60°C 155°F/68°C+	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Burgers ½-in thick	3-inch	160°F/71°C+	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-inch	125-130°F/51-54°C 130-135°F/54-57°C 135-140°F/57-60°C 155°F/68°C+	5-6 min/side Rare 6-7 min/side Med. Rare 7-8 min/side Medium 9+ min/side Well Done	10-11 min/side Rare 11-12 min/side Med. Rare 12-13 min/side Medium 14+ min/side Well Done

## Pork

Ham (Precooked)	1-inch	145°F/63°C+	15-18 min/lb	20-23 min/lb
Sausage	3-inch	160°F/71°C+	5-8 min/side	8-10 min/side
Bacon	3-inch	160°F/71°C+	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-inch	160°F/71°C+	5-9 min/side	10-12 min/side
Chops	3-inch	145°F/62°C+	5-6 min/side	7-8 min/side
Roasts 3-7 lbs	1-inch	145°F/62°C+	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-inch	145°F/62°C+	12-14 min/side	18-22 min/side
Spare Ribs	1-inch	160°F/71°C+	18-22 min/side	22-24 min/side

## Poultry

Chicken, (Bone-in) Pieces	3-inch	165°F/73°C+	13-14 min/side	15-17 min/side
Chicken, ½-in Boneless/Skinless Breasts (Thicker add 2 mins per ½ in)	3-inch	165°F/73°C+	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-inch	165°F/73°C+	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-12 lbs	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-14 lbs	1-inch 1-in thick, 3-in SS Ring	165°F/73°C+	10-12 min/lb	14-16 min/lb
Turkey, Breasts 3-7 lbs	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
Eggs	1-inch	160°F/71°C+	13 min at 300°F	N/A

## Seafood

Fish, Steaks & Fillets ½ lb	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-inch	145°F/62°C+	3-4 min/side	4-6 min/side
Lobster Tails 4 oz (Small)	3-inch	145°F/62°C+	4-6 min/side	6-8 min/side
Crab Legs	3-inch	145°F/62°C+	4-6 min/side	6-13 min/side

## Vegetables

Home Fries (½-in thick)	3-inch	140°F/60°C+	10 min/side	N/A
Potato, Whole Med. Size	3-inch	140°F/60°C+	30-40 min	N/A
Steamed Broccoli & Cauliflower (Oven-Safe Dish with Glass Lid or Foil)	1-inch	140°F/60°C+	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-inch	140°F/60°C+	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-inch	140°F/60°C+	15-20 min	N/A

## Frozen Ready-Made Foods

Chicken Wings, Tenders & Nuggets	3-inch	165°F/73°C+		8-9 min/side
Frozen Vegetables (in Oven-Safe Dish)	3-inch			8-9 min/side
Onion Rings	3-inch			8-9 min/side
Mozzarella Sticks	3-inch			8-9 min/side

**TIP:** Flip larger food items halfway through cooking.

Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS. General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.  
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# Nuwave Oven Quick Reference Guide

**Judy Preston**



## **Nuwave Oven Quick Reference Guide:**

**The Complete NuWave Oven Cookbook** Julia Scott, 2016-07-24 The Complete NuWave Oven Cookbook will help you get the most out of your NuWave Oven Includes recipes for breakfast lunch and dinner as well as snacks appetizers and baked goods Instructions provide both power level and temperature conversion

**RV Primer** Michael T Vreeland & Marcia N Vreeland, 2021-05-13 RV Primer How to Start and Enjoy RVing By Michael Vreeland In 2008 Michael and Marcy Vreeland started RVing and in 2017 sold their home and began the adventure of full time RVing Over the years they have learned valuable lessons about this unique lifestyle while trying to help other RVers avoid the mistakes they have made They wrote RV Primer to give those just starting out tips and tricks to avoid the mistakes they had made Readers who are beginner RVers will gain valuable insight that will save them time and money while they enjoy the Vreeland s story filled humorous prose Among the topics covered are how to select the right RV how to properly maintain your RV and how to wisely stock your RV Whether you are considering RVing or are merely interested in what it is like RV Primer is the go to book

**Complete Guide for Your Nuwave Oven** Judy Preston, 2018-05-11 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away

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summarized to understand the basics of your favourite kitchen tool Whether you are a complete beginner or an advanced user you will make great use of this cookbook and the recipes in it This Nuwave Air Fry Oven cookbook includes Easy and health dishes It will show you 1000 Day ways to make dishes for everything from family dinners to party platters Nuwave mastery in no time Serve up perfection with straightforward guides that teach you how to take advantage of all your Air Fry Oven s unique capabilities Air fryer temperature and time table to turn food perfect and crispy Recipe index to find your most favorite recipes to repeat again There s never been a more convenient appliance than Nuwave Air Fry Oven or a better cookbook to pair with it Get it Now      **NuWave Oven Cookbook** Dylanna Press,2016-07-23 Many people are excited when they first purchase a NuWave Oven but aren t really sure what to do with it While the NuWave Oven is great for roasting chicken and other meats it has the potential to be used for so much more This book contains a plethora of recipes that can all be made quickly and easily right in your NuWave Oven      NuWave Oven Cookbook for Beginners Anthony Jones,2020-04-11 Discover How to Cook Mouth Watering NuWave Oven Recipes That Will Allow You to Fry Food in a Healthy Way Who said that pizza doughnuts and chicken wings can t be a part of a healthy diet With the help of an air fryer you can give your food a crispy fried texture without deep frying it actually NuWave Oven has become incredibly popular once people became aware of their potential This appliance works by circulating super hot air which cooks the food giving it a nice golden brown color and making the food crispy The greatest thing about NuWave Oven is that you can use them to make practically anything from heating frozen foods and making chicken wings to baking donuts and extra crispy cookies an air fryer is a perfect choice But what if you re not experienced in using an NuWave Oven or you re not that good at cooking Well that s what this NuWave Oven cookbook for beginners will help you out with It contains many delicious recipes that are written in a beginner friendly way The book will guide you step by step through the cooking process Just carefully follow the instructions and there is no way that you will make a mistake The end result will be perfectly prepared food every single time Here s what you can learn from our cookbook How to use an NuWave Oven like a pro The right way to prepare appetizers and snacks NuWave recipes for cooking poultry pork beef and lamb and seafood the healthy way Tasty vegetable recipes that can be served on any occasion Using a NuWave Oven is an excellent way to cook food the healthy way since it doesn t require much oil These recipes will allow you to get all the great tastes you love in your favorite fried foods without the fat Oh and if you have any dietary restrictions don t worry This cookbook has plenty of great recipes that cater to all your specific needs With the help of this cookbook you can impress your friends and family with your new cooking skills Numerous pages of mouth watering recipes are just one click away Scroll up click on Buy Now with 1 Click and Get Your Copy Now Click and Get Your Copy Now      **NuWave Air Fryer Oven Cookbook** Amy Whitelegge,2020-12-02 Nuwave Air Fryer Oven Cookbook 2020 The best of Nuwave Air Fryer Oven Cookbook You Will Need in Your Kitchen What will you look find in this book An Nuwave Air Fryer Oven Cookbook for Beginners Follow detailed instructions on how to start using your Nuwave Air Fryer Toaster Oven you

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**NuWave Oven Ultimate Cookbook** Riley Addams,2017-12-06 CS Description New Meals With The NuWave Tips and Tons of Recipes to Get You Started New technology for tasty meals Fat is killing us The records for obesity in the world are being shattered every day Everything today seems to be deep fried even salads The result is a population that relies on fat for taste There is a better way though NuWave ovens are just one of the things that have come out in the past year to help people cook meals quickly and easily without resorting to fatty or processed foods The result is better tasting and healthier options for the whole family or just yourself This book takes you through basic recipes with big taste It s not enough to eat healthy if the food tastes like cardboard The recipes found in this book are designed to be easy enough that anyone could make them but pack a big punch in the flavor department From breakfast to dinner there s something in here that can appeal to nearly every taste without complicated preparations and ingredients that re nearly impossible to find This is truly the right book for you as a companion to your Nuwave Oven Here s just a few things you ll learn about Easy to follow instructions Breakfast options that are quick and easy Air fried foods that cut the fat Meals that everyone in the family will love This Complete NuWave Recipes book has something for everyone Get yourself a copy today and start creating amazing meals with your NuWave Oven Download Your Copy Today Scroll Up and Buy NOW with One Click

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*The Best Nuwave Air Fryer Oven Cookbook* Mike S. Angel,2021-06-08 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful This book contains 550 recipes that can easily be made using the Nuwave Air Fryer Oven These are regular and familiar recipes like Shepherd s Pie that have

been adapted to the NuWave style of cooking As you read through the recipes notice that not much has changed by the way of prepping or cooking ingredients The only thing different is the temperature and the cooking time which is reduced to almost half Let s take the dust off your Nuwave Air Fryer Oven and start to create amazing oil free fried food Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance Nuwave Air Fryer Oven *NuWave Air Fryer Oven Cookbook* Amy Whitelegge,2020-12-02 Nuwave Air Fryer Oven Cookbook 2020 The best of Nuwave Air Fryer Oven Cookbook You Will Need in Your Kitchen What will you look find in this book An Nuwave Air Fryer Oven Cookbook for Beginners Follow detailed instructions on how to start using your Nuwave Air Fryer Toaster Oven you will find mouth watering recipes that are very easily and quickly to make Just get your Nuwave Air Fryer Toaster Oven ready and open cookbook it will guide you cook your like meal through the simplified steps About Nutritional Information All meals included nutritional information which will be useful if you are following a diet or simply want to check your daily calorie intake in check Also keep track of your healthy state A variety of recipes for all tastes In this book included 500 recipes you will never get tired of the daily meals also you can cook it use different ways such as crisp bake roaster and so on I hope you will enjoy this Nuwave Air Fryer Oven Cookbook for your daily meals Now start cooking [The Ultimate Nuwave Air Fryer Oven Cookbook](#) Cory J. Gresham,2020-11-25 The Nuwave Air Fry Oven made easy Your Ultimate Guide to Getting Started The Nuwave Air Fry Oven the oven that crisps and flips up and away is here and there s never been a simpler way to master its many features Here s a cookbook that s bursting with hot tips and tasty recipes for cooking with this incredible appliance A great choice for new owners and dietary experts this cookbook offers a complete introduction to the Air Fry Oven From 30 minutes fast prepping to big batch cooking discover new ways to take your meals to the next level This Nuwave Air Fry Oven cookbook includes Easy and health dishes It will show you 600 ways to make dishes for everything from family dinners to party platters Nuwave mastery in no time Serve up perfection with straightforward guides that teach you how to take advantage of all your Air Fry Oven s unique capabilities Air fryer temperature and time table to turn food perfect and crispy Recipe index to find your most favorite recipes to repeat again There s never been a more convenient appliance than Nuwave Air Fry Oven or a better cookbook to pair with it *Nuwave Oven Cookbook* Jesse Adler,2017-01-29 Welcome to the world of the NuWave Oven This ingenious new idea is designed to save you time and effort and uses a unique combination of three types of heat convection conduction and infrared No pre heating and no need to defrost food before placing it in the oven All you have to do is take the food from the freezer and place it into your NuWave oven Once you ve set the timer you don t have to do anything else other than enjoy your meal And it s healthy No extra fat is needed for cooking in a NuWave oven making this new idea a healthy choice for your family The unique design also ensures that all the excess fat from your food drains away leaving you with succulent and delicious low fat food The advantages don t stop there The NuWave Oven also Saves you time Makes meat and fish irresistible Saves energy Reheats leftovers to their original standard NuWave Oven Cookbook also



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