



## 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-in neck, 3-in SS Ring	165°F/73°C+	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 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 Meat Cooking Guide

**Linda Owens**



## **Nuwave Meat Cooking Guide:**

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to mention Nuwave Air Fryer Oven also allows homemade preserves or even delicious sweets and cakes Benefits of the Nuwave Air Fryer Oven Healthier oil free meals It eliminates cooking odors through internal air filters Makes cleaning easier due to lack of oil grease Air Fryers are able to bake grill roast and fry providing more options A safer method of cooking compared to deep frying with exposed hot oil Has the ability to set and leave as most models and it includes a digital timerEnjoy Get your copy NOW

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