

The NuWave Primo's 100 Presets

Temperatures and times may need minor adjustments to best suit your desired results. Cooking times are based on **100/100 percent top and bottom and preheated oven.**

Preset Temperatures and Times			
	Food	Temp.	Time
Vegetables			
01.	Artichoke, whole (3-6)	400°F	1 hr. 3 min.
02.	Artichoke, hearts (6-10)	400°F	28 min.
03.	Cheesy Asparagus (2 lbs)	400°F	18 min.
04.	Green Beans (12-16 oz)	400°F	18 min.
05.	Beets, wrapped in foil (3-6)	400°F	43 min.
06.	Cheesy Broccoli Casserole (2 lbs)	400°F	28 min.
07.	Brussels Sprouts, halved (1 lb)	400°F	23 min.
08.	Cabbage, halved (1 head)	400°F	33 min.
09.	Carrots, whole (12)	400°F	38 min.
10.	Cauliflower (1head, 2lbs)	400°F	28 min.
11.	Corn, on the cob, wrapped in foil (3-6)	400°F	28 min.
12.	Eggplant, halved (1-2)	400°F	38 min.
13.	Fennel, halved (3-5)	400°F	33 min.
14.	Garlic, whole, wrapped in foil (3-6)	400°F	43 min.
15.	Mushrooms (1 lb)	400°F	23 min.
16.	Okra (1 lb)	400°F	18 min.
17.	Onions, whole, wrapped in foil (2-4)	400°F	48 min.
18.	Parsnips, whole (12)	400°F	38 min.
19.	Pumpkin, halved (1 small)	400°F	18 min.
20.	Peppers, chopped (12-16 oz)	400°F	18 min.
21.	Potatoes, wedged (12-16 oz)	400°F	38 min.
22.	Radishes (12-16 oz)	400°F	23 min.
23.	Spaghetti Squash, upside down (2)	400°F	48 min.
24.	Sweet Potatoes, whole (2-6)	400°F	48 min.
25.	Zucchini, whole (2-6)	400°F	28 min.
Beef			
26.	Rib Roast (4lbs)	375°F	75 min.
27.	Beef Round Roast (3lbs)	390°F	55 min.
28.	Ribeye (8oz)	400°F	12 min.
29.	Porterhouse (¾-inch)	400°F	14 min.
30.	Filet Mignon (1½-inch)	400°F	15 min.
31.	Flank Steak (14 oz)	400°F	12 min.
32.	London Broil (2 lbs)	400°F	25 min.
35.	NY Strip (1¼-inch)	400°F	12 min.
Poultry			
36.	Turkey Breast (2lbs)	360°F	45 min.
37.	Chicken Breast (8oz)	360°F	14 min.
38.	Whole Chicken (3lbs)	375°F	50 min.
39.	Cornish Hen (18oz)	400°F	50 min.
40.	Whole Duck (3-4 lbs)	350°F	1 hr.
41.	Duck Breast	375°F	12 min.
42.	Chicken Wings (2 lbs)	400°F	28 min.
43.	Chicken Thighs	375°F	23 min.
44.	Quail (2-6)	400°F	14 min.
45.	Chicken Drumsticks	375°F	22 min.
Pork / Lamb			
46.	Leg of Lamb (3lbs)	325°F	75 min.
47.	Pork Loin (2lbs)	365°F	55 min.
48.	Pork Roast (3lbs)	325°F	60 min.
49.	Pork Shoulder (3 lbs)	375°F	1 hr. 5 min.
50.	Ham, bone-in (3 lbs)	360°F	1 hr. 10 min.
52.	Veal Roast, boneless (2 lbs)	325°F	60 min.
53.	Rack of Lamb (2lbs)	380°F	22 min.
54.	Pork Chops, boneless (6 oz)	400°F	11 min.
55.	Sausage Links (3-12)	380°F	12 min.
Fish / Seafood			
56.	Salmon (7 oz)	380°F	12 min.
57.	Sea Scallops (4-10)	400°F	7 min.
58.	Tuna Steak (7 oz)	400°F	8 min.
59.	Swordfish Steak (7 oz)	400°F	10 min.
60.	Shrimp, large (6-12)	400°F	5 min.
Frozen Foods			
61.	Frozen Chicken Patty (2-6)	400°F	10 min.
62.	Frozen Eggroll (4-12)	400°F	12 min.
63.	Mozzarella Sticks (4-12)	400°F	8 min.
64.	Steak Fries (1 lb)	400°F	18 min.
65.	Frozen Fries (1 lb)	400°F	15 min.
Baking			
66.	Cheesecake (10-inch)	345°F	40 min.
67.	Pie (9-inch)	360°F	30 min.
68.	Cake (9-inch)	360°F	25 min.
69.	Cupcake (6-8)	360°F	18 min.
70.	Brownies (8-inch)	360°F	22 min.
71.	Bread (8-inch loaf)	350°F	35 min.
72.	Cookies, large (3-6)	350°F	20 min.
73.	Muffins (6-8)	360°F	18 min.
74.	Scones (4-6)	375°F	15 min.
75.	Bread Pudding (8-inch)	360°F	20 min.
76.	Pretzels (1 lb)	375°F	15 min.
77.	Cinnamon Rolls (3-6)	375°F	25 min.
78.	Biscuits (3-6)	360°F	18 min.
79.	Tart (9-inch)	360°F	22 min.
80.	Crème Brûlée (3-6)	300°F	45 min.
Dehydrated			
81.	Orange	130°F	10 hrs.
82.	Parsnips, sliced (1-inch)	360°F	30 min.
83.	Peaches	360°F	10 hrs.
84.	Peanuts	145°F	15 min.
85.	Pineapple	135°F	10 hrs.
86.	Strawberry	115°F	10 min.
87.	Sun-Dried Tomatoes	140°F	8 hrs.
88.	Turnip	360°F	30 min.
89.	Yucca	360°F	30 min.
90.	Apricot	130°F	8 hrs.
91.	Kiwi	130°F	8 hrs.
92.	Lemon	125°F	8 hrs.
93.	Lime	125°F	8 hrs.
94.	Apple	135°F	8 hrs.
95.	Asian Pear	145°F	4 hrs.
96.	Zucchini	145°F	4 hrs.
97.	Cranberries	145°F	4 hrs.
98.	Candied Bacon, slice (1-inch)	300°F	40 min.
99.	Banana Chips	135°F	10 hrs.
100.	Croutons	150°F	4 hrs.