

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

Roasts 2-10 lbs	Roast Height	Internal Temp	Fresh	Frozen
	1 in	125-130° 130-135° 135-140° 145°+	18-27 minutes Fast 27-36 minutes Med. Fast 36-45 minutes Medium 45+ minutes Med. Slow	28-37 minutes Fast 37-46 minutes Med. Fast 46-55 minutes Medium 55+ minutes Med. Slow
Burgers 1/2-in thick	3/4 in	140°+	5-7 minutes	8-9 minutes
Steaks 1-in thick	3/4 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 13+ minutes Med. Slow

Pork

Ham (Precooked)	1 in	140°+	18-28 minutes	28-37 minutes
Sausage	3/4 in	140°+	5-6 minutes	8-10 minutes
Bacon	3/4 in	140°+	5-6 minutes	8-10
Salisbury, Braised, Etc.	3/4 in	140°+	5-8 minutes	10-12 minutes
Chops	3/4 in	140°+	5-6 minutes	7-8 minutes
Roasts 2-7 lbs	1 in	145°+	17-28 minutes	28-38 minutes
Tenderloin 2-4 lbs	3/4 in	140°+	12-14 minutes	18-22 minutes
Spare Ribs	1 in	140°+	18-23 minutes	25-34 minutes

Poultry

Chicken, Bone-in Piece	3/4 in	140°+	12-14 minutes	18-22 minutes
Chicken, 1/2-in Boneless/Skinless Breast (Chicken with 1 bone will be 15 in)	3/4 in	140°+	17-19 minutes	18-21 minutes
Chicken, whole 2-4 lbs	1 in	145°+	17-28 minutes	28-38 minutes
Turkey, whole 8-14 lbs	1 in	145°+	18-22 minutes	34-48 minutes
Turkey, whole 15-18 lbs	1 in	145°+	18-22 minutes	34-48 minutes
Turkey, Breast 5-7 lbs	1 in	145°+	18-22 minutes	34-48 minutes
Eggs				

Seafood

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

Vegetables

Roast Fries (1/2-in med)
Potatoes, whole Med. Size
Steamed Broccoli & Cauliflower
Green Beans Cook with Bacon 1/2 in x 1/2 in
Squash, Asparagus, Bell Peppers & Tomatoes
Roasted
Onion, Garlic, Peppers,
Cauliflower, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenderloins & Burgers
Frozen Vegetables 1/2-in Green Beans
Green Rings
Mozzarella Sticks
Hot Wings

TIP: Flip larger food items over halfway through cooking.



Mini Nuwave Infrared Oven Manual

JG Myers



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web 5 2 perhitungan biaya pekerjaan dinding dari analisa harga satuan pekerjaan dinding dan plester didapat perhitungan biaya pekerjaan yang didapat dari volume dikalikan dengan harga satuan pekerjaan tersebut tabel 3 rekapitulasi perhitungan pekerjaan dinding no jenis material total biaya pekerjaan dinding 1 bata merah rp 430 990 824 00

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web may 30 2022 waktu pelaksanaan dinding batako selama 16 hari dan dinding bata ringan 73 hari sedangkan besarnya biaya pekerjaan dinding batako adalah rp 350 859 024 72 dan bata ringan rp 438 950 580 40

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web cara menghitung kebutuhan semen dan pasir pada pasangan batako dengan campuran 1 pc 6 pp batako yang digunakan adalah yang memiliki ukuran 10 x 20 x 40 cm dalam mengerjakan dinding seluas 1 m 2 yang sesuai dengan kebutuhan lapangan maka material semen pc yang dibutuhkan adalah 1 74 kg serta pasir pp 0 0086 m 3

2 cara menghitung biaya pemasangan batako 2023 - Jun 30 2023

web luas tembok 44 8 2 3 0 96 41 54 m2 setelah mendapatkan total volume pekerjaannya maka cara menghitung biaya pemasangan batako selanjutnya yaitu mengalikan luas tembok dengan harga per meter persegi di atas biaya pasang batako luas tembok x harga per meter biaya pasang batako 41 54 m 2 x rp 106 497 rp

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web bahwa analisa harga satuan pekerjaan dinding menggunakan bata merah yaitu rp 59 502 00 dengan waktu pemasangan dinding per m2 00 28 42 menit plesteran 00 27 40 menit dan pemasangan untuk teras 00 26 25 menit sedangkan untuk batako rp 65 764 00 dengan waktu pemasangan dinding per m2 pemasangan untuk teras 00 20 23

analisa perhitungan biaya pemasangan batako sni per meter - Aug 01 2023

web biaya pasang batako 41 54 m 2 x rp 106 497 rp 4 423 885 cara menghitung biaya pemasangan tembok batako arsitur

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web pada saat proses pemasangan dinding dan mempercepat pelaksanaan ukuran batako standar menurut sni 03 0349 1989 adalah sebagai berikut tabel 3 3 tabel 3 3 ukuran batako standar kelebihan dinding batako press dibandingkan dengan batu bata pembuatan mudah dan ukuran dapat dibuat sama ukuran yang besar membuat waktu

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web dec 16 2021 total dari biaya yang dikeluarkan untuk pemasangan batako per meter yaitu jumlah dari total biaya material dan jenis pekerja sebesar rp64 897 rp41 600 rp106 497

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web dec 16 2021 berikut ini merupakan contoh daftar analisa harga satuan memasang 1 m2 dinding bata merah dengan ketebalan ½ bata pasangan ketebalan ½ bata campuran spesi 1pc 2pp pasangan ketebalan ½ bata campuran spesi 1pc 3pp pasangan ketebalan ½ bata campuran spesi 1pc 4pp pasangan ketebalan ½ bata campuran

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web nov 1 2022 kebutuhan material batako dipasang rebah 1 m2 0 0361 m2 27 70 buah dibulatkan menjadi 28 buah m2 pasangan batako secara tegak maka luas penampang untuk 1 batako ditambah tebal adukan spesi adalah 0 17 0 02 x 0 36 0 02 0 0722 m2 kebutuhan material batako dipasang tegak 1 m2 0 0722 m2 13 85 buah

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web sep 3 2019 biaya tembok 41 54 m2 x rp 196 499 60 m2 biaya tembok 8 162 593 38 atau dibulatkan menjadi rp 8 200 000 00 termasuk biaya air dan lain lain perlu diketahui bahwa biasa pemasangan tembok bata lebih besar daripada batako

namun dari segi ketahanan tembok bata lebih kuat dan tahan lama

jumlah kebutuhan batako untuk dinding rumah harga satuan - Sep 21 2022

web nov 5 2012 dinding batako bisa menjadi alternatif untuk membuat rumah tembok jenis material batu buatan ini banyak digunakan karena kecepatan dalam waktu pemasangan serta dapat lebih menghemat penggunaan adukan jika dibanding pasangan dinding batu bata disini kita akan coba menguraikan cara menghitung jumlah kebutuhan batako

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web jun 9 2020 biaya tembok luas tembok x harga per meter biaya tembok 41 54 m² x rp 117 146 70 m² biaya tembok 4 866 273 92 atau dibulatkan menjadi rp 4 900 000 00 termasuk biaya air dan lain lain demikianlah mengenai cara menghitung biaya pasangan tembok batako semoga bermanfaat dan dapat menambah wawasan

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web jun 1 2018 tabel 6 ahsp pemasangan 1m conblock hb 10 campu no uraian satuan koefisien harga satuan biaya a tenaga 1 pekerja oh 0 3 rp 50 00 0 rp 1 4 61 900 2 tukang batu oh 0 1 rp 65 000 rp 633 490 3

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