

Food Tested	Quantity of Food	Steaming Time	
		1,200 W	900 W
Accorn Squash	16 oz/450 g	10 min	10 min
Apples	16 oz/450 g	6 min	6 min
Artichokes, baby	8 oz/225 g	5 min	5 min
Asparagus, thick	8 oz/225 g	7 min	8 min
Asparagus, thin	8 oz/225 g	5 min	6 min
Bay Scallops	16 oz/450 g	6min	6min
Broccoli (Colander) and Yukon Gold Potatoes (Steamer Base)	16 oz/450 g	14 min	17 min
Broccoli	12 oz/340 g	12 min	14 min
Broccoli (Colander), small red potatoes (Steamer Base)	16 oz/450 g	12 min	15 min
Brussel Sprouts	16 oz/450 g	12 min	12 min
Butternut Squash	16 oz/450 g	10 min	10 min
Cabbage, sliced	8 oz/225 g	6 min	6 min
Carrots, whole baby	16 oz/450 g	15min	15min
Cauliflower florets	12 oz/340 g	12 min	12 min
Chicken breast, chunks	16 oz/450 g	10 min	10 min
Edamame	8 oz/225 g	5 min	7 min
Eggplant, peeled and diced medium size	12 oz/340 g	8 min	10 min
Fish, frozen fillets	12 oz/340 g	9 min	9 min
Fresh corn, 2 ears	2 ears	6 min	8 min
Green Beans	12 oz/340 g	10 min	14 min
Mushrooms	8 oz/225 g	5 min	5 min
Mahi Mahi two (6 oz./170 g fillets) parchment (Steamer Base), broccoli (Colander)	12 oz/340 g	10-12 min	12 min
Onion (rings)	6 oz/170 g	5 min	5 min
Pearl onions	8 oz/225 g	8 min	8 min
Potato, carrots, peas	16 oz/450 g	6 min	7 min
Potatoes, small yellow, idaho	16 oz/450 g	16 min	20 min
Shrimp (Steamer Base), broccoli and carrots (Colander)	16 oz/450 g	11 min	12 min
Spaghetti Squash, cut in half	16 oz/450 g	22 min	22 min
Spinach	9 oz/255 g	7 min	9 min
Sugar Snap Peas	8 oz/225 g	5 min	6 min
Sweet Potatoes, cubed	12 oz/340 g	10 min	11 min
Tomatoes, whole	16 oz/450 g	7 min	7 min
Yellow Squash	12 oz/340 g	8 min	9 min
Zucchini	12 oz/340 g	9 min	10 min