

Alimentos Probados	Cant. del Alimento	Tiempo de Cocción al Vapor	
		1,200 V	900 V
Calabacita	16 ozs/450 g	10 mins.	10 mins.
Manzanas	16 ozs/450 g	6 mins.	6 mins.
Alcachofas, tiernas	8 ozs/225 g	5 mins.	5 mins.
Espárragos, gruesos	8 ozs/225 g	7 mins.	8 mins.
Espárragos, finos	8 ozs/225 g	5 mins.	6 mins.
Vieiras	16 ozs/450 g	6mins.	6mins.
Brócoli (Colador) y papas <i>Yukon Gold</i> (Base de Vaporera)	16 ozs/450 g	14 mins.	17 mins.
Brócoli	12 ozs/340 g	12 mins.	14 mins.
Brócoli (Colador), papas rojas pequeñas (Base de Vaporera)	16 ozs/450 g	12 mins.	15 mins.
Col de Bruselas	16 ozs/450 g	12 mins.	12 mins.
Calabacita Moscada	16 ozs/450 g	10 mins.	10 mins.
Col, rebanada	8 ozs/225 g	6 mins.	6 mins.
Zanahorias tiernas, enteras	16 ozs/450 g	15mins.	15mins.
Flores de Coliflor	12 ozs/340 g	12 mins.	12 mins.
Pechugas de pollo, trozos	16 ozs/450 g	10 mins.	10 mins.
Soya	8 ozs/225 g	5 mins.	7 mins.
Berenjena, pelada y en trozos medianos	12 ozs/340 g	8 mins.	10 mins.
Pescado, filetes congelados	12 ozs/340 g	9 mins.	9 mins.
Maíz fresco, 2 mazorcas	2 mazorcas	6 mins.	8 mins.
Habichuelas	12 ozs/340 g	10 mins.	14 mins.
Champiñones	8 ozs/225 g	5 mins.	5 mins.
Mahi Mahi (2 filetes de 6 ozs./170 g) (Base Vaporera), brócoli (Colador)	12 ozs/340 g	10-12 mins.	12 mins.
Cebolla (en aros)	6 ozs/170 g	5 mins.	5 mins.
Cebollines	8 ozs/225 g	8 mins.	8 mins.
Papas, zanahorias y guisantes	16 ozs/450 g	6 mins.	7 mins.
Papas amarillas pequeñas Idaho	16 ozs/450 g	16 mins.	20 mins.
Langostinos (Base Vaporera), brócoli y zanahorias (Colador)	16 ozs/450 g	11 mins.	12 mins.
Calabaza tipo Espagueti, cortada por la mitad	16 ozs/450 g	22 mins.	22 mins.
Espinaca	9 ozs/255 g	7 mins.	9 mins.
Guisante Verde	8 ozs/225 g	5 mins.	6 mins.
Camotes, en trozos	12 ozs/340 g	10 mins.	11 mins.
Tomates, enteros	16 ozs/450 g	7 mins.	7 mins.
Zapallito Amarillo	12 ozs/340 g	8 mins.	9 mins.
Zucchini	12 ozs/340 g	9 mins.	10 mins.