

### Instant Pot DUO to Zavor LUX LCD Time/Temp Cooking Conversion Chart For Less Settings

If your recipe says to use...				You can make it in your...			
The Instant Pot...	Pressing the...	At...	Less...	Zavor...	Using the...	At...	Timer...
DUO	Pressure Cook Button	High Pressure	20 minutes	LUX LCD	Pressure Cook Function	High Pressure	20 minutes
DUO	Soup/Broth Button	High Pressure	20 minutes	LUX LCD	Pressure Cook Function	High Pressure	20 minutes
DUO	Meat/Stew Button	High Pressure	20 minutes	LUX LCD	Pressure Cook Function	High Pressure	20 minutes
DUO	Bean/Chili Button	High Pressure	25 minutes	LUX LCD	Pressure Cook Function	High Pressure	25 minutes
DUO	Poultry Button	High Pressure	5 minutes	LUX LCD	Pressure Cook Function	High Pressure	5 minutes
DUO	Rice Button	Low Pressure	8 minutes	LUX LCD	Pressure Cook Function	Low Pressure	8 minutes
DUO	Multigrain Button	High Pressure	20 minutes	LUX LCD	Pressure Cook Function	High Pressure	20 minutes
DUO	Porridge Button	High Pressure	5 minutes	LUX LCD	Pressure Cook Function	High Pressure	5 minutes
DUO	Steam Button	High Pressure	3 minutes	LUX LCD	Pressure Cook Function	High Pressure	3 minutes
DUO	Slow Cook Button	No Pressure	180-190F	LUX LCD	Slow Cook Function	No Pressure	Adjust time based on recipe
DUO	Saute Button	No Pressure	115F	LUX LCD	Flex Function	No Pressure	Adjust time based on recipe
DUO	Yogurt Button	No Pressure	Fermentation	LUX LCD	Yogurt Function	No Pressure	Adjust time based on recipe
DUO	Keep Warm Button	No Pressure	134-144F	LUX LCD	Flex Function	No Pressure	Adjust time based on recipe



### Instant Pot DUO to Zavor LUX LCD Time/Temp Cooking Conversion Chart For Normal Settings

If your recipe says to use...				You can make it in your...			
The Instant Pot...	Pressing the...	At...	Normal...	Zavor...	Using the...	At...	Timer...
DUO	Pressure Cook Button	High Pressure	35 minutes	LUX LCD	Pressure Cook Function	High Pressure	35 minutes
DUO	Soup/Broth Button	High Pressure	30 minutes	LUX LCD	Pressure Cook Function	High Pressure	30 minutes
DUO	Meat/Stew Button	High Pressure	35 minutes	LUX LCD	Pressure Cook Function	High Pressure	35 minutes
DUO	Bean/Chili Button	High Pressure	30 minutes	LUX LCD	Pressure Cook Function	High Pressure	30 minutes
DUO	Poultry Button	High Pressure	15 minutes	LUX LCD	Pressure Cook Function	High Pressure	15 minutes
DUO	Rice Button	Low Pressure	12 minutes	LUX LCD	Pressure Cook Function	Low Pressure	12 minutes
DUO	Multigrain Button	High Pressure	40 minutes	LUX LCD	Pressure Cook Function	High Pressure	40 minutes
DUO	Porridge Button	High Pressure	20 minutes	LUX LCD	Pressure Cook Function	High Pressure	20 minutes
DUO	Steam Button	High Pressure	10 minutes	LUX LCD	Pressure Cook Function	High Pressure	10 minutes
DUO	Slow Cook Button	No Pressure	190-200F	LUX LCD	Slow Cook Function	No Pressure	Adjust time based on recipe
DUO	Saute Button	No Pressure	158F	LUX LCD	Flex Function	No Pressure	Adjust time based on recipe
DUO	Yogurt Button	No Pressure	Fermenting milk	LUX LCD	Yogurt Function	No Pressure	Adjust time based on recipe
DUO	Keep Warm Button	No Pressure	145-153F	LUX LCD	Flex Function	No Pressure	Adjust time based on recipe



<b>Instant Pot DUO to Zavor LUX LCD Time/Temp Cooking Conversion Chart For More Setting</b>					
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If your recipe says to use...				You can make it in your...			
The Instant Pot...	Pressing the...	At...	More...	Zavor...	Using the...	At...	Timer...
DUO	Pressure Cook Button	High Pressure	45 minutes	LUX LCD	Pressure Cook Function	High Pressure	45 minutes
DUO	Soup/Broth Button	High Pressure	4 hours	LUX LCD	Pressure Cook Function	High Pressure	4 hours
DUO	Meat/Stew Button	High Pressure	45 minutes	LUX LCD	Pressure Cook Function	High Pressure	45 minutes
DUO	Bean/Chili Button	High Pressure	40 minutes	LUX LCD	Pressure Cook Function	High Pressure	40 minutes
DUO	Poultry Button	High Pressure	30 minutes	LUX LCD	Pressure Cook Function	High Pressure	30 minutes
DUO	Rice Button	Low Pressure	15 minutes	LUX LCD	Pressure Cook Function	Low Pressure	15 minutes
DUO	Multigrain Button	High Pressure	1 hour (+ 45 mins for soaking time)	LUX LCD	Pressure Cook Function	High Pressure	1 hour (+ 45 mins for soaking time)
DUO	Porridge Button	High Pressure	30 minutes	LUX LCD	Pressure Cook Function	High Pressure	30 minutes
DUO	Steam Button	High Pressure	15 minutes	LUX LCD	Pressure Cook Function	High Pressure	15 minutes
DUO	Slow Cook Button	No Pressure	200-210F	LUX LCD	Slow Cook Function	No Pressure	Adjust time based on recipe
DUO	Saute Button	No Pressure	171F	LUX LCD	Flex Function	No Pressure	Adjust time based on recipe
DUO	Yogurt Button	No Pressure	Pasteurizing milk	LUX LCD	Yogurt Function	No Pressure	Adjust time based on recipe
DUO	Keep Warm Button	No Pressure	165-173F	LUX LCD	Flex Function	No Pressure	Adjust time based on recipe

