



Grill Time & Temperature Chart*

Food	Time	Variable Temp	Digital Temp	Internal Food Temp	Thickness in Inches
Hamburger	4–5 minutes	High	400°F	160°F	¾-inch
Turkey Burger	4–6 minutes	Med-High	375°F	165°F	¾-inch
Chicken Breast	9–11 minutes	Med-High	375°F	165°F	¾-inch
Pork Cutlet	4–5 minutes	Med-High	375°F	145°F	¾-inch
Pork Chop	4–6 minutes	Med-High	375°F	145°F	¾-inch
Lean Steak	7–8 minutes	Med-High	375°F	145°F Medium Rare	¾-inch
Turkey Bacon	5–6 minutes	Med-High	375°F	Cook Until Crisp	
Bacon	7–8 minutes	Med-High	375°F	Cook Until Crisp	
Hot Dogs	3–4 minutes	Med-High	375°F	140°F	
White Fish	5–7 minutes	Med-Low	350°F	145°F	
Red Fish	6–7 minutes	Med-Low	350°F	145°F	
Shrimp	3–4 minutes	Med-High	375°F	145°F	
Grilled Cheese	2–3 minutes	Med-Low	350°F	Until Cheese is Melted	
Panini	4–5 minutes	Med-Low	350°F	Until Heated Through	
Asparagus	4–6 minutes	Med-High	375°F	Until Fork Tender	
Zucchini	3–4 minutes	Med-High	375°F	Until Fork Tender	½-inch
Bell Peppers	6–7 minutes	Med-High	375°F	Until Fork Tender	1-inch wide strips
Onion	6–7 minutes	Med-High	375°F	Until Softened	½-inch thick rings
Pineapple	3–4 minutes	Med-High	375°F	Until Warmed Through	½-inch thick rings
Banana Slices	3–4 minutes	Med-High	375°F	Until Warmed Through	½-inch thick slices

High = 400°F Med-High = 375°F Med-Low = 350°F