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› [Frigidaire FGMO226NUF 2.2 Cu. Ft. Built-in Microwave Oven User Manual](#)

Frigidaire FGMO226NUF

Frigidaire FGMO226NUF 2.2 Cu. Ft. Built-in Microwave Oven User Manual

Model: FGMO226NUF

IMPORTANT SAFETY INFORMATION

Read all instructions before using this appliance. As with any appliance, basic safety precautions must be followed to reduce the risk of fire, electric shock, burns, or injury to persons.

- Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- Always ensure the turntable is correctly positioned before operation.

SETUP AND INSTALLATION

This Frigidaire microwave oven is designed for built-in installation. Refer to the separate installation instructions provided with your trim kit for detailed cabinet preparation and mounting procedures. Ensure proper ventilation is maintained around the unit.

Initial Setup

1. Unpack the microwave oven and all accessories. Remove any packing materials from inside the oven cavity.
2. Place the glass turntable and turntable support ring securely on the oven floor.
3. Plug the power cord into a grounded electrical outlet.
4. Set the clock: When the oven is first plugged in, '12:00' will flash in the display. Press the 'Clock' button, then enter the current time using the number pad. Press 'Clock' again to confirm.



Figure 1: Front view of the Frigidaire FGMO226NUF Built-in Microwave Oven. The control panel is on the right, and the microwave door is on the left, both in a stainless steel finish.

OPERATING INSTRUCTIONS

This section details the various cooking functions and features of your microwave oven.

Basic Microwave Cooking

1. Place food in a microwave-safe container on the turntable. Close the door.
2. Enter the desired cooking time using the number pad.
3. Press 'Power Level' to adjust power if needed (default is 100%). Use number pad to select power level (e.g., '5' for 50% power).
4. Press 'START/+30 Sec' to begin cooking.

One-Touch Cooking Options

The control panel features several one-touch buttons for common food items.

- **Popcorn:** Press 'Popcorn' once for a standard bag.
- **Potato:** Press 'Potato' to cook one potato. Press repeatedly for more.
- **Veggies:** Press 'Veggies' to cook fresh or frozen vegetables.
- **Add 30 Sec:** Press 'START/+30 Sec' to quickly start cooking for 30 seconds at 100% power, or to add 30 seconds to an ongoing cooking cycle.

Sensor Cooking

The sensor cook feature automatically adjusts power levels and cooking times by detecting humidity released from food.

1. Place food in the oven.
2. Press 'Sensor Cook'.
3. Press 'START/+30 Sec'. The oven will automatically determine the cooking time.

Effortless Reheat

This feature reheats various foods with optimal results.

1. Place food in the oven.

2. Press 'Reheat'.
3. Press 'START/+30 Sec'.

Defrost

Use the defrost function to thaw frozen foods by weight.

1. Place frozen food in the oven.
2. Press 'Defrost'.
3. Enter the weight of the food in pounds (e.g., '1.5' for 1.5 lbs).
4. Press 'START/+30 Sec'.



Figure 2: The interior of the Frigidaire FGMO226NUF microwave oven, showing a blue casserole dish placed on the glass turntable. The door is open, revealing the spacious cavity.



Figure 3: A close-up view of the Frigidaire FGMO226NUF microwave oven's control panel. The digital display shows '6:04', and various function buttons like Popcorn, Potato, Veggies, Defrost, Reheat, Snacks, Auto Cook, Melt/Softens, Sensor Cook, Power Level, Timer On-Off, and a numeric keypad are visible.

CARE AND MAINTENANCE

Proper care and cleaning will ensure the longevity and optimal performance of your microwave oven.

Cleaning the Interior

- Wipe the interior cavity with a soft cloth and mild soap solution after each use.
- For stubborn food splatters, place a cup of water with lemon slices in the oven and microwave on high for 2-3 minutes. The steam will loosen the residue, making it easier to wipe clean.

- Remove the glass turntable and wash it in warm, soapy water or in the dishwasher.

Cleaning the Exterior

- Wipe the exterior surfaces, including the door and control panel, with a soft, damp cloth.
- For stainless steel surfaces, use a stainless steel cleaner and polish to maintain its appearance and resist fingerprints.
- Avoid using abrasive cleaners, scouring pads, or harsh chemicals, as these can damage the finish.

TROUBLESHOOTING GUIDE

Before contacting service, review this section for solutions to common issues.

Problem	Possible Cause	Solution
Oven does not start	Door not closed properly; Power cord unplugged; Blown fuse/tripped circuit breaker.	Ensure door is firmly closed; Check power cord connection; Check household fuse/circuit breaker.
Food not heating	Incorrect cooking time/power level; Microwave-safe dish not used.	Adjust cooking time/power; Use only microwave-safe cookware.
Turntable not rotating	Turntable not seated correctly; Debris under turntable.	Reposition turntable and support ring; Clean oven floor.
Display shows error code	Internal malfunction.	Unplug the oven for 5 minutes, then plug back in. If error persists, contact customer support.

If the problem persists after attempting these solutions, please contact Frigidaire Customer Support for assistance.

PRODUCT SPECIFICATIONS

Model: FGMO226NUF

Capacity: 2.2 Cubic Feet

Wattage: 1200 Watts

Voltage: 120 Volts

Amperage: 14.2 Amps

Product Dimensions (W x H x D): 24.44" x 13.63" x 19.63"

Turntable Diameter: 16.5 inches

Installation Type: Built-In

Material: Steel (Stainless Steel finish)

Controller Type: Touch

WARRANTY AND CUSTOMER SUPPORT

For warranty information, technical assistance, or to schedule service, please refer to the warranty card included with your product or visit the official Frigidaire website. You may also contact Frigidaire Customer Support directly.

Online Support: www.frigidaire.com/support

Please have your model number (FGMO226NUF) and serial number ready when contacting support.



