

AIR FRYER COOKING TIME SHEET

VEGETABLES

	TEMP	TIME (MINUTES)
Asparagus (slices)	400F/200C	5
Broccoli (florets)	400F/200C	6
Brussels Sprouts	350F/180C	8-12
Carrots (1/2 inch slices)	360F/190C	15
Cauliflower (florets)	400F/200C	12-15
Corn on the Cob (whole)	400F/200C	10
Eggplant (1.5 inch cubes)	400F/200C	15
Green Beans	400F/200C	6-8
Mushrooms	400F/200C	5
Onions	400F/200C	10
Peppers (whole)	380F/190C	10
Potato wedges	360F/190C	18-21
Potatoes (whole)	400F/200C	45
Squash (cubes)	400F/200C	12
Sweet Potatoes (fries)	400F/200C	8-14
Sweet Potato (whole)	380F/190C	30-35
Tomatoes (cherry)	350F/180C	5-8
Zucchini (fries)	400F/200C	8-10

MEAT

	TEMP	TIME (MINUTES)
Bacon (streaky)	350F/180C	8-12
Burgers (1/4lb)	350F/180C	8-12
Chicken (whole) 3.5lb	350F/180C	45-60
Chicken Breast (boneless)	350F/180C	8-12
Chicken Tenders	350F/180C	8-12
Chicken Thighs (bone in)	400F/200C	10-16
Chicken Wings	350F/180C	14-16
Lamb Chops	400F/200C	8-12
Meatballs	400F/200C	5-8
Pork Chops	350F/180C	8-12
Pork Loin (2lb.)	360F/190C	55
Ribs (bone in)	400F/200C	10-15
Steak (bone in)	400F/200C	10-15
Sausages	380F/190C	15

SEA FOOD

	TEMP	TIME (MINUTES)
Calamari	400F/200C	4
Fish Fillets	400F/200C	10-12
Scallops	400F/200C	5-7
Salmon Fillets	350F/180C	8-12
Shrimp	350F/180C	5-8
Tuna Steak	400F/200C	7-10

FROZEN FOOD

	TEMP	TIME (MINUTES)
Breaded Shrimp	400F/200C	9
Chicken Nuggets	380F/190C	10
Fish Sticks	400F/200C	10
French Fries (thick cut)	400F/200C	12-20
French Fries (thin cut)	400F/200C	9-18
Mozzarella Sticks	400F/200C	8
Onion Rings	400F/200C	8
Spring Rolls	400F/200C	15-20

Times shown do not include air fryer preheating times. Cooking times can depend on the model of the air fryer and the thickness of the food.

NOTES