



AIR FRYER COOKING TIMES

VEGETABLES

Type	Size	Temp	Time (Mins)
Asparagus	Slice, 1-inch	400 °F	5
Beets	Whole	400 °F	40
Broccoli		400 °F	6
Brussels Sprouts	Halved	380 °F	15
Carrots	Slice 1/2-inch	380 °F	15
Cauliflower		400 °F	12
Corn on the cob		390 °F	6
Eggplant	1 1/2-inch cubes	400 °F	15
Fennel	Quartered	370 °F	15
Green Beans		400 °F	5
Kale Leaves		250 °F	12
Mushrooms	Slice, 1/4-inch	400 °F	5
Onions	Pearl	400 °F	10
Parsnips	1/2-inch chunks	380 °F	15
Peppers	1-inch chunks	400 °F	15
Potatoes (Baked)	Whole	400 °F	40
Potatoes (Chunks)	1-inch	400 °F	12
Potatoes (Small Baby)	1.5 lbs	400 °F	15
Squash	1/2-inch chunks	400 °F	12
Sweet Potato (Baked)		380 °F	30-35
Tomatoes (Cherry)		400 °F	4
Tomatoes (Halves)		350 °F	10
Zucchini	1/2-inch chunks	400 °F	12

BEEF

Type	Size	Temp	Time (Mins)
Beef Eye Round Roast	4 lbs	390 °F	45-55
Burger	4 oz	370 °F	16-20
Filet Mignon	8 oz	400 °F	18
Flank Steak	1.5 lbs	400 °F	12
London Broil	2 lbs	400 °F	20-28
Meatballs (Large)	3-inch	380 °F	10
Meatballs (Small)	1-inch	380 °F	7
Ribeye (Bone-In)	1-inch, 8 oz	400 °F	10-15
Sirloin Steak	1-inch, 12 oz	400 °F	10-15

PORK

Type	Size	Temp	Time (Mins)
Baby Back Ribs	4-5 sections	400 °F	25-30
Bacon (Regular Cut)		400 °F	5-7
Bacon (Thick Cut)		400 °F	6-10
Pork Chops	1-inch, 6.5 oz	400 °F	12
Pork Loin	2 lbs	360 °F	55
Tenderloin	1 lb	370 °F	12

FROZEN FOODS

Type	Size	Temp	Time (Mins)
Breaded Shrimp		400 °F	9
Chicken Nuggets		400 °F	10
Chicken Tenders		400 °F	15
Corn Dogs		400 °F	15
Dumplings		400 °F	8-10
Egg Rolls / Spring Rolls		400 °F	8-10
French Fries (Thick Cut)	17 oz	400 °F	18
French Fries (Thin Cut)	20 oz	400 °F	14
Frozen Fish Fillets	1/2-inch, 10oz	400 °F	10
Frozen Fish Sticks	10 oz	400 °F	14
Meatballs		400 °F	12
Mozzarella Sticks	11 oz	400 °F	8
Onion Rings	12 oz	400 °F	8
Potato Skins		400 °F	15
Pot Stickers	10 oz	400 °F	8
Sausage Rolls		400 °F	15
Taquitos		400 °F	8-10

CHICKEN

Type	Size	Temp	Time (Mins)
Breasts (Bone-In)	1.25 lbs	370 °F	25
Breasts (Boneless)	4 oz	380 °F	12
Drumsticks	2.5 lbs	370 °F	20
Legs (Bone-In)	1.75 lbs	380 °F	30
Tenders		360 °F	8-10
Thighs (Bone-In)	2 lbs	380 °F	22
Thighs (Boneless)	1.5 lbs	380 °F	18-20
Whole Chicken	6.5 lbs	360 °F	75
Wings	2 lbs	400 °F	12

SEAFOOD

Type	Size	Temp	Time (Mins)
Calamari	8 oz	400 °F	4
Fish Fillet	1-inch, 8 oz	400 °F	10
Salmon Fillet	6 oz	380 °F	12
Scallops		400 °F	5-7
Shrimp		400 °F	5
Swordfish Steak		400 °F	10
Tuna Steak		400 °F	7-10

OTHER MEATS

Type	Size	Temp	Time (Mins)
Lamb Loin Chops	1-inch thick	400 °F	8-10
Rack of Lamb	2 lbs	380 °F	22
Sausage		380 °F	15

For best results, shake or flip food halfway through cooking time. Preheating time not included in cooking time.



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FROZEN FAVORITES

Type	Size	Temp	Time (Mins)
Chicken Nuggets		400 °F	10
Chicken Tenders		400 °F	15
Corn Dogs		400 °F	15
French Fries (Thin Cut)	20oz	400 °F	14
Meatballs		400 °F	12
Mozzarella Sticks	11 oz	400 °F	8

OTHER FAVORITES

Type	Size	Temp	Time (Mins)
Apple Chips	Thin slice	360 °F	14
Bacon	Thick cut	400 °F	6-10
Baked Potatoes	Whole	400 °F	40
Brussels Sprouts	Halved	380 °F	15
Burger (Beef)	4 oz	370 °F	16-20
Chicken Wings	2 lbs	400 °F	12
Pork Chops	1-inch, 6.5 oz	400 °F	12
Salmon Fillet	6 oz	380 °F	12
Sweet Potato Chips	Slice 1/8" thick	360 °F	20

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