



AIR FRYER

Cooking Cheat Sheet



Vegetables

	Temp.	Time
Asparagus (slices)	400	5
Beets	400	40
Broccoli (florets)	400	6
Brussel Sprouts (halved)	380	15
Carrots (1/2" slices)	360	15
Cauliflower (florets)	400	12-15
Corn cob (whole)	390	6
Eggplant (1/2" cubes)	400	15
Green Beans	400	6-8
Mushrooms	400	5
Onions (pearl)	400	10
Peppers (whole)	380	10
Potato (baby 1.5lbs)	400	15
Potato (wedges)	400	15
Potato (1" chunks)	400	12
Potato (whole)	400	45
Squash (1/2" chunks)	400	12
Sweet Potato (whole)	380	30-35
Tomato (cherry)	400	4
Zucchini	400	12
Peppers (1" chunks)	400	15



Meats

	Temp.	Time
Bacon	350	8-12
Burgers (1/4lbs fresh)	350	8-12
Chicken Whole (3.5lbs)	350	45-60
Chicken Breast (w/bone 1.3lbs)	350	8-12
Chicken Breast (no bone 1.3lbs)	370	25
Chicken Drumsticks (2.5lbs)	400	15
Chicken Thighs (w/bone)	400	10-16
Chicken Tenders	350	8-12
Chicken Wings (2lbs)	350	14-16
Filet Mignon (8oz)	400	18
Lamb Chops	400	8-12
Meatballs (1" balls)	400	5-8
Pork Chops (w/bone 1" 6.5oz)	400	15
Pork Loin (2lbs)	360	18-21
Rack Of Lamb (24-32oz)	375	22
Ribeye (w/bone 1" 8oz)	400	12
Ribs	400	10-15
Round Roast	400	10-15
Sausage	400	15
Sirloin Steak (12oz)	390	9-14
Tenderloin (18oz)	365	15



Seafood

	Temp.	Time
Calamari	400	4
Fish Fillets	400	10-12
Salmon Filet	350	8-12
Scallops	400	5-7
Shrimp	350	5
Tuna Steak	400	7-10



Frozen Foods

	Temp.	Time
Cheese Sticks	390	8
Chicken Nuggets	390	10
Fish Fillets	390	6
Fish Fingers	390	15
French Fries (thick cut)	400	18
French Fries (thin cut)	400	14
Onion Rings	400	8
Pot Stickers	400	8
Popcorn shrimp	400	9
Spring Rolls	400	15-20



Desserts & Snacks

	Temp.	Time
Baked Apples	400	15
Banana Bread	360	25
Brownies	320	30
Cake (10oz)	350	20-25
Cookies	300	8
Muffins (10oz)	375	15-18
Mug Cake	360	15
Pastries	325	8-10
Personal Pizza	400	8-10
Quiche (14oz)	360	20-22



Notes