



AIR FRYER COOKING CHART

Cooking times are in Farenheit, and may vary based on quantity, thickness of food and type of Air Fryer

BEEF	TEMP	TIME
Meatball _____	380°F/190°C	7-10
Ribeye Steak _____	400°F/200°C	12-15
Sirloin Steak (12oz) _____	400°F/200°C	10-15
Beef Round Roast _____	390°F/200°C	45-55
Burgers _____	370°F/185°C	16-20
Filet Mignon _____	380°F/190°C	12-16

POULTRY	TEMP	TIME
Whole Chicken (3 lbs.) _____	360°F/180°C	60-70
Boneless Chicken Breast _____	360°F/180°C	19
Drumsticks _____	370°F/185°C	20
Thighs, Bone in _____	380°F/190°C	22
Thighs, Boneless _____	380°F/190°C	18-20
Wings _____	380°F/190°C	20
Tenders _____	360°F/180°C	8-10
Chicken Nuggets (frozen) _____	400°F/200°C	10-12
Boneless Turkey Breast _____	350°F/175°C	45-55
Cornish Game Hens _____	350°F/175°C	30
Duck _____	300°F/150°C	45-55

PORK	TEMP	TIME
Pork Chops _____	400°F/200°C	12-14
Pork Tenderloin _____	370°F/185°C	15
Bacon _____	400°F/200°C	5-7
Bacon (thick cut) _____	400°F/200°C	6-10
Pork Loin _____	360°F/180°C	55
Sausage _____	380°F/190°C	15
Ribs _____	380°F/190°C	30

SEAFOOD	TEMP	TIME
Shrimp _____	400°F/200°C	5
Fish Filet _____	400°F/200°C	10
Tuna Steak _____	400°F/200°C	7-10
Mahi Mahi _____	350°F/175°C	12
Salmon _____	380°F/190°C	12
Scallops _____	400°F/200°C	5-7
Fish Sticks (frozen) _____	400°F/200°C	12
Lobster Tail _____	380°F/190°C	6-8
Crab Legs _____	370°F/185°C	5-7

VEGETABLES	TEMP	TIME
Asparagus _____	400°F/200°C	5
Baked Potato _____	400°F/200°C	40
Baked Sweet Potato _____	380°F/190°C	40
Baby Potatoes _____	400°F/200°C	15
Home Cut French Fries _____	380°F/190°C	14-16
Zucchini Sticks _____	400°F/200°C	12
Corn on the Cob _____	390°F/200°C	6
Carrots _____	380°F/190°C	15
Eggplant _____	400°F/200°C	15