

# AIR FRYER COOKING TIMES CHEAT SHEET

Cook times vary based on the size and quantity of foods placed in the air fryer. Meat depends on thickness and desired doneness. Use a thermometer to check meats and open the air fryer to check any ingredients as they cook, as needed.



| Meat                                                                                |                                   | Cooking Temp  | Cooking Time (Minutes) |
|-------------------------------------------------------------------------------------|-----------------------------------|---------------|------------------------|
|    | <b>Bacon</b>                      | 350°F / 177°C | 8 to 12                |
|    | <b>Chicken (whole)</b>            | 350°F / 177°C | 45 to 65               |
|    | <b>Chicken breasts (bone-in)</b>  | 375°F / 190°C | 25 to 35               |
|  | <b>Chicken breasts (boneless)</b> | 350°F / 177°C | 15 to 20               |
|  | <b>Chicken tenders</b>            | 350°F / 177°C | 8 to 12                |
|  | <b>Chicken thighs (bone-in)</b>   | 400°F / 204°C | 15 to 22               |
|  | <b>Chicken thighs (boneless)</b>  | 375°F / 190°C | 16 to 21               |
|  | <b>Chicken wings</b>              | 375°F / 190°C | 18 to 28               |
|  | <b>Lamb (leg)</b>                 | 375°F / 190°C | 18 to 28               |
|  | <b>Lamb (rack)</b>                | 375°F / 190°C | 10 to 17               |
|  | <b>NY strip steak</b>             | 400°F / 204°C | 8 to 14                |

| Meat                                                                              |                                     |               |                        |
|-----------------------------------------------------------------------------------|-------------------------------------|---------------|------------------------|
|                                                                                   |                                     | Cooking Temp  | Cooking Time (Minutes) |
|  | <b>Pork chops</b>                   | 350°F / 177°C | 10 to 15               |
|  | <b>Pork tenderloin</b>              | 375°F / 190°C | 15 to 25               |
|  | <b>Ribeye / T-Bone</b><br>(1.5 lbs) | 400°F / 204°C | 15 to 25               |

| Ground Meat                                                                         |                                   |               |                        |
|-------------------------------------------------------------------------------------|-----------------------------------|---------------|------------------------|
|                                                                                     |                                   | Cooking Temp  | Cooking Time (Minutes) |
|    | <b>Burger patties</b><br>(1/4 lb) | 350°F / 177°C | 8 to 15                |
|    | <b>Meatballs</b>                  | 375°F / 190°C | 6 to 9                 |
|  | <b>Sausages (raw)</b>             | 375°F / 190°C | 15 to 20               |
|  | <b>Sausages (cooked)</b>          | 375°F / 190°C | 7 to 12                |

| Chopped-Up Meat / Seafood                                                           |                | Best enjoyed in tacos, fajitas, grain bowls, or any dish that calls for chopped-up meat and seafood. |                        |
|-------------------------------------------------------------------------------------|----------------|------------------------------------------------------------------------------------------------------|------------------------|
|                                                                                     |                | Cooking Temp                                                                                         | Cooking Time (Minutes) |
|  | <b>Chicken</b> | 400°F / 204°C                                                                                        | 8 to 15                |
|  | <b>Pork</b>    | 375°F / 190°C                                                                                        | 8 to 12                |
|  | <b>Steak</b>   | 400°F / 204°C                                                                                        | 6 to 10                |
|  | <b>Salmon</b>  | 400°F / 204°C                                                                                        | 6 to 12                |

## Chopped-Up Meat / Seafood

Best enjoyed in tacos, fajitas, grain bowls, or any dish that calls for chopped-up meat and seafood.

|                                                                                                  | Cooking Temp  | Cooking Time (Minutes) |
|--------------------------------------------------------------------------------------------------|---------------|------------------------|
|  <b>Tilapia</b> | 350°F / 177°C | 6 to 10                |

## Seafood

|                                                                                                                           | Cooking Temp  | Cooking Time (Minutes) |
|---------------------------------------------------------------------------------------------------------------------------|---------------|------------------------|
|  <b>Salmon</b>                           | 375°F / 190°C | 8 to 13                |
|  <b>Tilapia</b><br>(or other white fish) | 400°F / 204°C | 8 to 12                |
|  <b>Shrimp</b>                           | 350°F / 177°C | 5 to 8                 |
|  <b>Calamari</b>                        | 400°F / 204°C | 4 to 8                 |
|  <b>Scallops</b>                       | 400°F / 204°C | 5 to 7                 |

## Vegetables

|                                                                                                                 | Cooking Temp  | Cooking Time (Minutes) |
|-----------------------------------------------------------------------------------------------------------------|---------------|------------------------|
|  <b>Asparagus</b>            | 400°F / 204°C | 6 to 10                |
|  <b>Beets, sliced</b>        | 350°F / 177°C | 15 to 25               |
|  <b>Beets, whole</b>         | 400°F / 204°C | 6 to 10                |
|  <b>Bell peppers, sliced</b> | 350°F / 177°C | 7 to 10                |
|  <b>Bok choy</b>             | 350°F / 177°C | 5 to 6                 |

## Vegetables

|                                                                                     |                                                                   | Cooking Temp  | Cooking Time (Minutes) |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------|------------------------|
|    | <b>Broccoli</b><br><i>(can be cooked from frozen)</i>             | 400°F / 204°C | 9 to 18                |
|    | <b>Brussels sprouts,</b><br>halved                                | 375°F / 190°C | 12 to 18               |
|    | <b>Butternut squash,</b><br>chopped                               | 400°F / 204°C | 15 to 20               |
|    | <b>Carrots,</b><br>baby or chopped                                | 400°F / 204°C | 10 to 20               |
|    | <b>Cauliflower, whole</b>                                         | 350°F / 177°C | 20 to 40               |
|    | <b>Cauliflower, chopped</b><br><i>(can be cooked from frozen)</i> | 400°F / 204°C | 15 to 25               |
|   | <b>Corn on the cob</b>                                            | 400°F / 204°C | 8 to 10                |
|  | <b>Eggplant,</b><br>cubed or sliced                               | 400°F / 204°C | 15 to 18               |
|  | <b>Green beans</b>                                                | 400°F / 204°C | 8 to 10                |
|  | <b>Kale leaves</b><br><i>(for chips)</i>                          | 375°F / 190°C | 4 to 5                 |
|  | <b>Mushrooms, button</b>                                          | 375°F / 190°C | 8 to 13                |
|  | <b>Mushrooms, portobellos</b>                                     | 350°F / 177°C | 10 to 12               |
|  | <b>Okra</b><br><i>(can be cooked from frozen)</i>                 | 350°F / 177°C | 12 to 14               |
|  | <b>Onions, sliced</b>                                             | 400°F / 204°C | 8 to 10                |

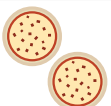
## Vegetables

|                                                                                                                            | Cooking Temp  | Cooking Time (Minutes) |
|----------------------------------------------------------------------------------------------------------------------------|---------------|------------------------|
|  <b>Parsnips,</b><br>chopped or halved    | 375°F / 190°C | 12 to 20               |
|  <b>Peppers,</b><br>small (like shishito) | 400°F / 204°C | 4 to 8                 |
|  <b>Potatoes, whole</b>                   | 400°F / 204°C | 30 to 45               |
|  <b>Potatoes, chopped</b>                 | 375°F / 190°C | 15 to 30               |
|  <b>Sweet potatoes,</b><br>chopped        | 400°F / 204°C | 8 to 15                |
|  <b>Sweet potatoes,</b><br>whole          | 375°F / 190°C | 30 to 35               |
|  <b>Tomatoes, cherry</b>                 | 350°F / 177°C | 5 to 8                 |
|  <b>Tomatoes, halved</b>                | 350°F / 177°C | 6 to 12                |
|  <b>Zucchini, chopped</b>               | 350°F / 177°C | 8 to 12                |
|  <b>Zucchini, noodles</b>               | 400°F / 204°C | 10 to 20               |

## Prepared Frozen Foods

|                                                                                                                                        | Cooking Temp  | Cooking Time (Minutes) |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------|------------------------|
|  <b>Cauliflower gnocchi</b>                         | 400°F / 204°C | 12 to 16               |
|  <b>Chicken tenders</b><br>(breaded and pre-cooked) | 375°F / 190°C | 14 to 18               |
|  <b>Dumplings / potstickers</b>                     | 400°F / 204°C | 6 to 10                |

## Prepared Frozen Foods

|                                                                                                            | Cooking Temp  | Cooking Time (Minutes) |
|------------------------------------------------------------------------------------------------------------|---------------|------------------------|
|  <b>Egg rolls</b>         | 350°F / 177°C | 8 to 14                |
|  <b>Fish sticks</b>       | 350°F / 177°C | 8 to 12                |
|  <b>French fries</b>      | 400°F / 204°C | 14 to 17               |
|  <b>Hash browns</b>       | 400°F / 204°C | 6 to 9                 |
|  <b>Mini pizzas</b>       | 325°F / 163°C | 8 to 15                |
|  <b>Mozzarella sticks</b> | 375°F / 190°C | 7 to 10                |
|  <b>Onion rings</b>      | 400°F / 204°C | 8 to 10                |
|  <b>Tater tots</b>      | 400°F / 204°C | 10 to 15               |

## Other

|                                                                                                                             | Cooking Temp  | Cooking Time (Minutes) |
|-----------------------------------------------------------------------------------------------------------------------------|---------------|------------------------|
|  <b>Bananas, sliced</b>                  | 375°F / 190°C | 6 to 8                 |
|  <b>Chickpeas</b>                        | 400°F / 204°C | 12 to 17               |
|  <b>Tofu, cubed</b>                      | 375°F / 190°C | 12 to 17               |
|  <b>Tortilla chips /<br/>taco shells</b> | 350°F / 177°C | 3 to 8                 |
|  <b>Pizzas,<br/>personal-size</b>        | 375°F / 190°C | 7 to 12                |