

AIR FRYER COOKING TIMES CHEAT SHEET

VEGETABLES

		F	C			F	C
Green Beans	12 min	400°	205°	Brussels Sprouts	15 min	380°	195°
Broccoli	6 min	400°	205°	Carrots	15 min	380°	195°
Cauliflower (florets)	12 min	400°	205°	Corn on the Cob	6 min	390°	200°
Asparagus	5 min	400°	205°	Sweet Potato	30 min	380°	195°
Squash	12 min	400°	205°	Potato wedges	18-20 min	390°	200°
Zucchini	12 min	400°	205°	French Fries (fresh)	20-24 min	390°	200°

MEATS

		F	C			F	C
Burger (4 oz)	8-10 min	375°	190°	Chicken Breast	12 min	380°	195°
Steak	12-18 min	390°	200°	Chicken Tenders	8-10 min	360°	180°
Meatballs	5 min	400°	205°	Chicken Wings	12 min	400°	205°
Pork Loin Roast	55 min	360°	180°	Chicken Thighs (skin on)	22 min	380°	195°
Pork Chops	12 min	400°	205°	Chicken Drumsticks	20 min	370°	190°
Bacon	5-7 min	400°	205°	Whole Chicken	75 min	360°	180°

FISH & SEAFOOD

		F	C
Calamari	4 min	380°	195°
Salmon Fillet	10 min	380°	195°
Fish Fillet	10 min	400°	205°
Tuna Steak	7-10 min	400°	205°
Shrimp/Prawn	5 min	400°	205°
Scallops	5 min	400°	205°
Crab Cakes	12 min	350°	175°

FROZEN FOODS

		F	C
French Fries	14-18 min	400°	205°
Chicken Nuggets	10 min	400°	205°
Fish Fillet	10-14 min	400°	205°
Mozzarella Sticks	8 min	400°	205°
Gyoza	8 min	400°	205°
Onion Rings	8 min	400°	205°
Shrimp (breaded)	9 min	400°	205°