



AIR FRYER COOKING TIMES

Chicken	Temp	Time
Bone-in chicken breast	380 F 190 C	25-27 min
Boneless chicken breast	360 F 180C	18-22 min
Bone-in chicken thigh	380 F 190 C	18-22 min
Boneless chicken thigh	380 F 190 C	15-17 min

Beef	Temp	Time
Beef ribs	380 F 190 C	23-25 min
Hamburger	360 F 180C	12-16 min
Sirloin steak	400 F 205 C	7-12 min
Skirt steak	380 F 190 C	6-8 min

Pork	Temp	Time
Baby back ribs	380 F 190 C	30-40 min
Bacon	360 F 180C	6-9 min
Pork chops	380 F 190 C	12-14 min
Pork tenderloin (1.5 lb)	360 F 180C	18-25 min

Seafood	Temp	Time
Cod	380 F 190 C	8-10 min
Halibut	360 F 180C	7-10 min
Salmon	380 F 190 C	8-10 min
Shrimp	400 F 205 C	5-7 min

Vegetables	Temp	Time
Asparagus	400 F 205 C	6-8 min
Beets	380 F 190 C	18-20 min
Broccoli	380 F 190 C	8-10 min
Brussel sprouts	380 F 190 C	14-18 min
Butternut squash (half)	380 F 190 C	27-32 min
Butternut squash (cube)	400 F 205 C	12-15 min
Cauliflower	400 F 205 C	14-17 min
Carrots (baby)	380 F 190 C	12-15 min
Carrots (1/2 inch)	400 F 205 C	18-20 min
Corn on the cob	380 F 190 C	12-15 min
Green beans	380 F 190 C	12-15 min
Potato wedges	400 F 205 C	15-20 min
Potatoes (baby)	400 F 205 C	15-20 min
Potatoes (cubed)	400 F 205 C	18-23 min
Sweet potatoes (cubed)	390 F 200 C	12-15 min
Zucchini	400 F 205 C	7-9 min

Frozen Foods	Temp	Time
Chicken breast	380 F 190 C	16-19 min
Chicken nuggets	400 F 205 C	8-12 min
Chicken tenders	380 F 190 C	12-14 min
Chicken wings	400 F 205 C	20-25 min
Fish sticks	400 F 205 C	7-9 min
Fish fillets	380 F 190 C	12-14 min
French fries	400 F 205 C	15-18 min
Mozzarella sticks	360 F 180C	5-8 min
Onion rings	350 F 177 C	11-14 min
Popcorn chicken	400 F 205 C	9-12 min
Shrimp (raw)	400 F 205 C	6-9 min
Sweet potato fries	360 F 180C	14-17 min
Pizza	370 F 188 C	9-12 min
Pizza rolls	380 F 190 C	7-10 min
Tater tots	400 F 205 C	11-14 min
Taquitos	400 F 205 C	7-10 min