

AIR FRYER

COOKING TIME CHEAT SHEET



MEATS

Whole Chicken	360°	70 mins	Steak	390°	12-17 mins
Chicken Breasts	380°	12 mins	Burger	375°	8 mins
Chicken Thighs	380°	22 mins	Meatballs	400°	5 mins
Chicken Wings	400°	12 mins	Pork Chops	400°	12 mins
Drumsticks	370°	20 mins	Pork Loin	360°	55 mins
Pork Ribs	400°	15 mins	Bacon	400°	5-7 mins

SEAFOOD

Salmon	400°	10 mins	Shrimp	400°	12-17 mins
White Fish	400°	10 mins	Scallops	400°	5 mins
Tuna Steak	400°	7-10 mins	Crab cakes	350°	12 mins
Calamari	400°	5 mins	Crab Legs	370°	7 mins

VEGGIES

Green Beans	400°	5 mins	Broccoli	400°	6 mins
Brussels Sprouts	380°	15 mins	Carrots	380°	15 mins
Cauliflower	400°	12 mins	Zucchini	400°	5 mins
Corn on the Cob	390°	12 mins	Asparagus	400°	5 mins
Squash	400°	20 mins	Sweet Potato	380°	30 mins
Potato Wedges	390°	18-20 mins	Baked Potato	390°	30 mins

FROZEN FOODS

French Fries	400°	10 mins	Onion Rings	400°	12-17 mins
Chicken Nuggets	400°	10 mins	Gyoza	400°	5 mins
Fish Sticks	400°	7-10 mins	Shrimp	350°	12 mins
Mozzarella Sticks	400°	5 mins	Pizza Rolls	380°	8 mins
Hot Pockets	400	5 mins	Taquitos	380°	8 mins