

AIR FRYER cooking guide

vegetables	temp	mins.
Asparagus	400° F	7
Broccoli	400° F	6
Brussels sprouts	380° F	15
Carrots	380° F	15
Cauliflower florets	400° F	12
Corn on the cob	390° F	6
Green beans	400° F	5
Mushrooms, sliced	400° F	5
Potato, baby	400° F	15
Potato chips	400° F	8
Potato, wedges	400° F	10
Potato, whole	400° F	40
Squash	400° F	12
Sweet potato, fries	400° F	10
Sweet potato, whole	380° F	32
Zucchini, sliced	400° F	10

pork	temp	mins.
Bacon (thick cut)	400° F	5-10
Chops, bone-in (1" thick)	400° F	12
Loin (2 lbs)	360° F	55
Sausages	380° F	15
Tenderloin (1 lb)	370° F	15

beef	temp	mins.
Filet mignon	400° F	18
Flank steak	400° F	12
Hamburger (4 oz)	370° F	18
Meatballs	380° F	7-10
Ribeye, bone-in	400° F	12
Round roast (4 lbs)	390° F	50
Sirloin steak	400° F	11

seafood & lamb	temp	mins.
Cod filet (1" thick)	400° F	10
Salmon filet	380° F	12
Scallops	400° F	5-7
Shrimp	400° F	5
Tuna steak	400° F	7-10
Lamb chops	400° F	10
Rack of lamb	380° F	22

chicken	temp	mins.
Breasts, bone-in	370° F	25
Breasts, boneless	380° F	12
Drumsticks	370° F	25
Legs	380° F	30
Tenders	360° F	8-10
Thighs, bone-in	380° F	22
Thighs, boneless	380° F	18
Whole chicken	360° F	75
Wings	400° F	13

frozen foods	temp	mins.
Breaded shrimp	400° F	9
Burritos	400° F	12-15
Chicken nuggets	400° F	10
Fish fillets	400° F	14
Fish sticks	400° F	10
French fries, thick	400° F	18
French fries, thin	400° F	14
Frozen pizza	400° F	10
Mozzarella sticks	400° F	8
Onion rings	400° F	8
Pizza snacks	400° F	6
Pot stickers	400° F	8
Pretzel bites	400° F	8
Tater tots	400° F	10

snacks & misc	temp	mins.
Chickpeas	350° F	15
Cookies	350° F	5
Donuts	360° F	5
Eggs, hard boiled	350° F	10-12
Eggs, soft boiled	350° F	8-10
Fried pickles	380° F	8
Jalapeños, stuffed	380° F	8-10
Toast	400° F	4

*Preheat air fryer before cooking and don't overcrowd basket. Some items may need flipped halfway through cooking. Cooking time may vary depending on the brand and size of air fryer that you have and your preferred level of doneness.



MAKE your meals