

air fryer COOKING TIMES

VEGETABLES

	TEMP	TIME		TEMP	TIME		TEMP	TIME
Asparagus	400	5	Corn on the Cob	390	6	Peppers	400	15
Beets	400	40	Eggplant	400	15	Potatoes	400	15
Broccoli	400	6	Green Beans	400	5	Squash	400	12
Brussels Sprouts	380	15	Kale Leaves	250	12	Sweet Potato	380	30-35
Carrots	380	15	Mushrooms	400	5	Tomatoes (cherry)	350	4
Cauliflower	400	12	Onions	400	10	Zucchini	400	12

MEAT

	TEMP	TIME		TEMP	TIME		TEMP	TIME
Chicken Breast	380	12	Burger (4 oz)	370	16-20	Pork Loin (2 lbs)	360	55
Whole Chicken	360	75	Filet Mignon (8oz)	400	18	Pork Chops (6.5oz)	400	12
Drumsticks (2.5 lbs)	370	20	Flank Steak (1.5 lbs)	400	12	Tenderloin (1lb)	370	15
Thighs	380	22	Rib Eye (8oz)	400	10-15	Bacon (regular)	400	5-7
Wings (2 lbs.)	400	12	Meatballs (1")	400	5	Bacon (thick)	400	6-10
Chicken Tenders	360	8-10	Beef Eye Round Roast	390	45-55	Sausages	380	15

SEAFOOD

	TEMP	TIME
Calamari (8oz)	380	4
Fish Fillet (8oz)	400	10
Salmon Fillet (6oz)	380	12
Tuna Steak	400	7-10
Scallops	400	5-7
Shrimp	400	5

FROZEN FOOD

	TEMP	TIME		TEMP	TIME
Onion Rings	400	8	Chicken Nuggets	400	10
French Fries (thin)	400	14	Breaded Shrimp	400	9
French Fries (thick)	400	18			
Mozarella Sticks	400	8			
Pot Stickers	400	8			
Fish Sticks	400	10			
Fish Fillet	400	14			