



AIR FRYER COOKING TIMES

VEGETABLES

ASPARAGUS	190°C	4-6 MINUTES	FROZEN ONION RINGS	195°C	8-10 Minutes
BABY CARROTS	195°C	12-15 MINUTES	FROZEN BROCCOLI	200°C	10-12 minutes
BEET	195°C	17-20 MINUTES	GREEN BEANS	195°C	8-10 minutes
BROCCOLI	200°C	6-8 MINUTES	MUSHROOMS(BREADED)	190°C	10 minutes
BRUSSEL SPROUTS	190°C	12-15 MINUTES	ONIONS (SLICES)	190°C	8 minutes
BUTTERNUT SQUASH	190°C	15-20 MINUTES	ONION RINGS (HOMEMADE)	185°C	10 minutes
CAULIFLOWER (BREADED)	200°C	10 MINUTES	PEPPERS	190°C	8-10 minutes
CORN ON THE COB	200°C	10-15 MINUTES	POTATO CUBES	180°C	12-18 minutes
EGGPLANT (CUBE)	200°C	15-18 MINUTES	POTATO PUFF	200°C	13 minutes
FRESH FRIES	200°C	15-18 MINUTES	POTATOES SLICED	190°C	15 minutes
FROZEN FRENCH FRIES	200°C	10 MINUTES	POTATO WEDGES	195°C	20 minutes
FROZEN SWEET POTATOS FRIES	190°C	16 MINUTES	SWEET POTATOS FRIES	190°C	20 minutes
			TOMATOES (CHERRY)	175°C	4-6 minutes
			ZUCCHINI (SLICES)	200°C	12-15 minutes

SNACKS

BAGEL PIZZA	175°C	5 MINUTES
BURRITO	190°C	5 MINUTES
BREAD CROUTONS	175°C	5 MINUTES
EGGPLANT ROLLATINI	175°C	10 MINUTES
FROZEN POTSTICKERS	185°C	8-10 MINUTES
FROZEN MOZZARELLA STICKS	200°C	6-8 MINUTES
FROZEN TATER TOTS	200°C	12-15 MINUTES
FROZEN PIZZA ROLLS	195°C	7-9 MINUTES
FROZEN CORN DOG	200°C	6-8 MINUTES.
FROZEN MEAT PIE	180°C	23-25 MINUTES
FROZEN MINI PIZZAS	175°C	8-11 MINUTES
SPRING ROLLS 8 MINUTES	200°C	8 MINUTES
KALE CHIPS	195°C	3-5 MINS

MEAT

CHICKEN

CHICKEN BREAST	190°C	12-15 Minutes
CHICKEN DRUMSTICKS	185°C	18-20 minutes
CHICKEN NUGGETS	200°C	10 minutes
CHICKEN TENDERS	175°C	8-10 minutes
CHICKEN WINGS	190°C	10-12 minutes
FROZEN NUGGETS	200°C	10-12 minutes
FROZEN WINGS	200°C	15-20 minutes
FROZEN PATTIES	190°C	7-12 minutes
WHOLE CHICKEN	180°C	50-60 minutes

PORK

BACON	200°C	5-10 MINUTES
PORK CHOPS	190°C	12-15 MINUTES
PORK TENDERLOIN	200°C	20-25 MINUTES
RIBS	195°C	20 MINUTES
SAUSAGE	175°C	10-15 MINUTES

FISH

CALAMARI	195°C	5 MINUTES
COD	185°C	8-10 MINUTES
CRAB	175°C	12 MINUTES
FISH FILLET	200°C	10-12 MINUTES
FROZEN FISH STICKS	200°C	9-10 MINUTES
LOBSTER TAIL	195°C	5-7 MINUTES
SALMON	200°C	5-7 MINUTES
SCALLOPS	200°C	5-6 MINUTES
SHRIMP	190°C	8 MINUTES
TILAPIA	200°C	6-8 MINUTES
TUNA	200°C	7-10 MINUTES

BEEF

BURGERS	175°C	8-12 MINUTES
FILET MIGNON	200°C	10 MINUTES
FROZEN MEATBALLS	195°C	8-12 MINUTES
MEATBALLS	200°C	7-10 MINUTES
MEAT LOAF	165°C	35-45 MINUTES
RIBEYE (MEDIUM)	200°C	16 MINUTES
STEAK	200°C	7-14 MINUTES

DESSERTS

COOKIE DOUGH	160°C	10-15 MINUTES
BROWNIES	170°C	10-15 MINUTES
GRILLED PEACHES	175°C	5 MINUTES
FRENCH TOAST ROLL UPS	190°C	4 MINUTES
FRIED BANANAS	200°C	4-5 MINUTES.
MUFFINS	160°C	15 MINUTES
S'MORE	195°C	4-5 MINUTES

YOUR FAV FOOD

ITEM	TEMP	TIME
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MEAT SAFE TEMPERATURE

All Poultry 75.9°C Ground Meats 71.1°C
 Beef, Pork, Veal & Lamb 62.8°C Fish & Shellfish 62.8°C