



AIR FRYER COOKING TIMES

VEGETABLES

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|----------------------------|-------|---------------|------------------------|-------|---------------|
| ASPARAGUS | 375°F | 4-6 MINUTES | FROZEN ONION RINGS | 380°F | 8-10 Minutes |
| BABY CARROTS | 380°F | 12-15 MINUTES | FROZEN BROCCOLI | 400°F | 10-12 minutes |
| BEET | 380°F | 17-20 MINUTES | GREEN BEANS | 380°F | 8-10 minutes |
| BROCCOLI | 400°F | 6-8 MINUTES | MUSHROOMS(BREADED) | 375°F | 10 minutes |
| BRUSSEL SPROUTS | 375°F | 12-15 MINUTES | ONIONS (SLICES) | 375°F | 8 minutes |
| BUTTERNUT SQUASH | 375°F | 15-20 MINUTES | ONION RINGS (HOMEMADE) | 370°F | 10 minutes |
| CAULIFLOWER (BREADED) | 400°F | 10 MINUTES | PEPPERS | 375°F | 8-10 minutes |
| CORN ON THE COB | 400°F | 10-15 MINUTES | POTATO CUBES | 360°F | 12-18 minutes |
| EGGPLANT (CUBE) | 400°F | 15-18 MINUTES | POTATO PUFF | 400°F | 13 minutes |
| FRESH FRIES | 400°F | 15-18 MINUTES | POTATOES SLICED | 375°F | 15 minutes |
| FROZEN FRENCH FRIES | 400°F | 10 MINUTES | POTATO WEDGES | 380°F | 20 minutes |
| FROZEN SWEET POTATOS FRIES | 375°F | 16 MINUTES | SWEET POTATOS FRIES | 375°F | 20 minutes |
| | | | TOMATOES (CHERRY) | 350°F | 4-6 minutes |
| | | | ZUCCHINI (SLICES) | 400°F | 12-15 minutes |

SNACKS

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| BAGEL PIZZA | 350°F | 5 MINUTES |
| BURRITO | 375°F | 5 MINUTES |
| BREAD CROUTONS | 350°F | 5 MINUTES |
| EGGPLANT ROLLATINI | 350°F | 10 MINUTES |
| FROZEN POTSTICKERS | 365°F | 8-10 MINUTES |
| FROZEN MOZZARELLA STICKS | 400°F | 6-8 MINUTES |
| FROZEN TATER TOTS | 400°F | 12-15 MINUTES |
| FROZEN PIZZA ROLLS | 380°F | 7-9 MINUTES |
| FROZEN CORN DOG | 400°F | 6-8 MINUTES. |
| FROZEN MEAT PIE | 360°F | 23-25 MINUTES |
| FROZEN MINI PIZZAS | 350°F | 8-11 MINUTES |
| SPRING ROLLS 8 MINUTES | 400°F | 8 MINUTES |
| KALE CHIPS | 380°F | 3-5 MINS |

MEAT

CHICKEN

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| CHICKEN BREAST | 375°F | 12-15 Minutes |
| CHICKEN DRUMSTICKS | 370°F | 18-20 minutes |
| CHICKEN NUGGETS | 400°F | 10 minutes |
| CHICKEN TENDERS | 350°F | 8-10 minutes |
| CHICKEN WINGS | 375°F | 10-12 minutes |
| FROZEN NUGGETS | 390°F | 10-12 minutes |
| FROZEN WINGS | 390°F | 15-20 minutes |
| FROZEN PATTIES | 375°F | 7-12 minutes |
| WHOLE CHICKEN | 360°F | 50-60 minutes |

PORK

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| BACON | 400°F | 5-10 MINUTES |
| PORK CHOPS | 375°F | 12-15 MINUTES |
| PORK TENDERLOIN | 400°F | 20-25 MINUTES |
| RIBS | 380°F | 20 MINUTES |
| SAUSAGE | 350°F | 10-15 MINUTES |

FISH

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| CALAMARI | 380°F | 5 MINUTES |
| COD | 370°F | 8-10 MINUTES |
| CRAB | 350°F | 12 MINUTES |
| FISH FILLET | 400°F | 10-12 MINUTES |
| FROZEN FISH STICKS | 400°F | 9-10 MINUTES |
| LOBSTER TAIL | 380°F | 5-7 MINUTES |
| SALMON | 400°F | 5-7 MINUTES |
| SCALLOPS | 400°F | 5-6 MINUTES |
| SHRIMP | 375°F | 8 MINUTES |
| TILAPIA | 400°F | 6-8 MINUTES |
| TUNA | 400°F | 7-10 MINUTES |

BEEF

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| BURGERS | 350°F | 8-12 MINUTES |
| FILET MIGNON | 400°F | 10 MINUTES |
| FROZEN MEATBALLS | 380°F | 8-12 MINUTES |
| MEATBALLS | 400°F | 7-10 MINUTES |
| MEAT LOAF | 325°F | 35-45 MINUTES |
| RIBEYE (MEDIUM) | 400°F | 16 MINUTES |
| STEAK | 400°F | 7-14 MINUTES |

DESSERTS

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| COOKIE DOUGH | 320°F | 10-15 MINUTES |
| BROWNIES | 340°F | 10-15 MINUTES |
| GRILLED PEACHES | 350°F | 5 MINUTES |
| FRENCH TOAST ROLL UPS | 375°F | 4 MINUTES |
| FRIED BANANAS | 400°F | 4-5 MINUTES. |
| MUFFINS | 160°C | 15 MINUTES |
| S'MORE 380 | 380°F | 4-5 MINUTES |

YOUR FAV FOOD

| ITEM | TEMP | TIME |
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MEAT SAFE TEMPERATURE

All Poultry 165 °F (73.9°C) Ground Meats 160 °F (71.1°C)
 Beef, Pork, Veal & Lamb 145 °F (62.8°C) Fish & Shellfish 145 °F (62.8°C)