



AIR FRYER COOKING CHART

Temperature and timing may vary with the manufacturer

BEEF

	TEMP	TIME
Meatball	380	7-10
Ribeye steak, bone in.....	400	12-15
Sirloin steak (12oz)	400	10-15
Beef Round Roast.....	390	45-55
Burgers.....	370	16-20

CHICKEN

Whole Chicken (3lbs).....	360	60-70
Boneless Chicken Brs.....	360	19
Drumsticks.....	370	20
Thighs, Bone in.....	380	22
Thighs, boneless.....	380	18-20
Wings.....	360-390	20
Tenders.....	360	8-10
Chicken Nuggets (frozen).....	400	10-12

PORK

Pork Chops, Bone In.....	400	12-14
Pork Tenderloin.....	370	15
Bacon.....	400	5-7
Bacon (thick cut).....	400	6-10
Pork Loin.....	360	55
Sausage.....	380	15
Ribs.....	380	30

SEAFOOD

Shrimp.....	400	5
Fish Filet.....	400	10
Tuna Steak.....	400	7-10
Mahi Mahi.....	350	12
Salmon.....	380	12
Scallops.....	400	5-7
Fish Sticks (frozen).....	400	12

VEGETABLES

Asparagus.....	400	5
Baking Potato.....	400	40
Baking Sweet Potato.....	380	40
Baby Potatoes.....	400	15
Homecut French Fries.....	380	14-16
Zucchini sticks.....	400	12
Corn on the Cob.....	390	6
Carrots.....	380	15
Eggplant.....	400	15

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