

Air Fryer Cooking Charts

Vegetables

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Asparagus (sliced 1-inch)	400 °F	5	Onions (pearl)	400 °F	10
Beets (whole)	400 °F	40	Parsnips (½-inch chunks)	380 °F	15
Broccoli (florets)	400 °F	6	Peppers (1-inch chunks)	400 °F	15
Brussels Sprouts (halved)	380 °F	15	Potatoes (small baby, 1.5 lbs)	400 °F	15
Carrots (sliced ½ – inch)	380 °F	15	Potatoes (1-inch chunks)	400 °F	12
Cauliflower (florets)	400 °F	12	Potatoes (baked whole)	400 °F	40
Corn on the cob	390 °F	6	Squash (½-inch chunks)	400 °F	12
Eggplant (1 ½-inch cubes)	400 °F	15	Sweet Potato (baked)	380 °F	30 to 35
Fennel (quartered)	370 °F	15	Tomatoes (cherry)	400 °F	4
Green Beans	400 °F	5	Tomatoes (halves)	350 °F	10
Kale leaves	250 °F	12	Zucchini (½-inch sticks)	400 °F	12
Mushrooms (sliced ¼-inch)	400 °F	5			

Chicken

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Breasts, bone in (1.25 lbs)	370 °F	25	Legs, bone in (1.75 lbs)	380 °F	30
Breasts, boneless (4 oz.)	380 °F	12	Wings (2 lbs.)	400 °F	12
Drumsticks (2.5 lbs)	370 °F	20	Game Hen (halved – 2 lbs)	390 °F	20
Thighs, bone in (2 lbs)	380 °F	22	Whole Chicken	360 °F	75
Thighs, boneless (1.5 lbs)	380 °F	18 to 20	Tenders	360 °F	8 to 10

Beef

	Temp(°F)	Time(mins)		Temp(°F)	Time(mins)
Burger (4 oz.)	370 °F	16 to 20	Meatballs (3-inch)	380 °F	10
Filet Mignon (8 oz.)	400 °F	18	Ribeye, bone in (1-inch, 8 oz.)	400 °F	10 to 15
Flank Steak (1.5 lbs)	400 °F	12	Sirloin steaks (1-inch, 12 oz.)	400 °F	9 to 14
London Broil (2 lbs)	400 °F	20 to 28	Beef Eye Round Roast (4 lbs.)	400 °F	45 to 55
Meatballs (1-inch)	370 °F	7			

Pork and Lamb

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Loin (2 lbs.)	360 °F	55	Bacon (thick cut)	400 °F	6 to 10
Pork Chops, bone in (1-inch, 6.5 oz.)	400 °F	12	Sausages	380 °F	15
Tenderloin	370 °F	15	Lamb Loin Chops (1-inch thick)	400 °F	8 to 12
Bacon (regular)	400 °F	5 to 7	Rack of Lamb (1.5 – 2 lbs.)	380 °F	22

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Fish and Seafood

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Calamari (8 oz.)	400 °F	4	Tuna Steak	400 °F	7 to 10
Fish Fillet (1-inch, 8 oz.)	400 °F	10	Scallops	400 °F	5 to 7
Salmon, fillet (6 oz.)	380 °F	12	Shrimp	400 °F	5
Swordfish steak	400 °F	10	Crab Cakes	400 °F	10
Lobster Tails	370 °F	5 to 7			

Frozen Foods

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Onion Rings (12 oz.)	400 °F	8	Fish Sticks (10 oz.)	400 °F	10
Thin French Fries (20 oz.)	400 °F	14	Fish Fillets (½-inch, 10 oz.)	400 °F	14

oz.)				oz.)		
Thick French Fries (17 oz.)	400 °F	18		Chicken Nuggets (12 oz.)	400 °F	10
Mozzarella Sticks (11 oz.)	400 °F	8		Breaded Shrimp	400 °F	9
Pot Stickers (10 oz.)	400 °F	8		Buffalo Wings	400 °F	12 to 15

For most recipes, you will want to [lower your air fryer temperature](#) by 25 to 50 degrees. So if the original recipe says to cook at 425° in the oven, expect to set the air fryer to 400° at the highest. Starchier vegetables, like [roasted potatoes](#), love higher heats and most meats do well at a wide range of temperatures. We don't recommend cooking anything lower than 350° in the air fryer—you likely wouldn't get any crispiness! Check your food about halfway through, and if you feel the food is already getting too dark or feel the heat is too high, you can turn down the heat another 25 degrees.

The biggest factor to keep in mind with this conversion is the cook time. **A lot of recipes take half the time in the air fryer as they would in the oven.** Unsure of how long to cook something? It's always best to set the timer lower and add more time as you go. For the most part, the air fryer will have a shorter cook time even though the temperature is lower (another reason to love it).