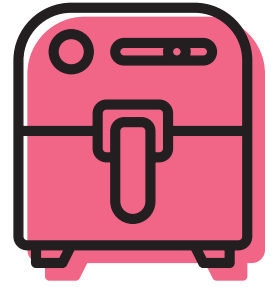


# AIR FRYER

## Cooking Cheat Sheet



## Vegetables

FOOD	TEMP	TIME
ASPARAGUS (SLICED 1-INCH)	400°F	5
BEETS	400°F	40
BROCCOLI (FLORETS)	400°F	6
BRUSSELS SPROUTS (HALVED)	380°F	15
CARROTS (SLICED ½-INCH)	380°F	15
CAULIFLOWER (FLORETS)	400°F	12
CORN ON THE COB	390°F	6
EGGPLANT (1½-INCH CUBES)	400°F	15
FENNEL (QUARTERED)	370°F	15
GREEN BEANS	400°F	5
KALE LEAVES	250°F	12
MUSHROOMS	400°F	5

FOOD	TEMP	TIME
ONIONS (PEARL)	400°F	10
PARSNIPS (½-INCH CHUNKS)	380°F	15
PEPPERS (1-INCH CHUNKS)	400°F	15
POTATOES (SMALL BABY, 1.5 LBS)	400°F	15
POTATOES (1-INCH CHUNKS)	400°F	12
POTATOES (BAKED WHOLE)	400°F	40
SQUASH (½-INCH CHUNKS)	400°F	12
SWEET POTATO (BAKED)	380°F	30-35
TOMATOES (CHERRY)	400°F	4
TOMATOES (HALVES)	350°F	10
ZUCCHINI (½-INCH STICKS)	400°F	12

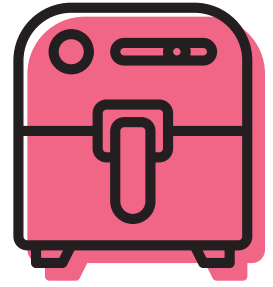
## Chicken

FOOD	TEMP	TIME
BREASTS, BONE IN (1.25LBS.)	370°F	25
BREASTS, BONELESS (4 OZ.)	380°F	12
DRUMSTICKS (2.5 LBS.)	370°F	20
THIGHS, BONE IN (2 LBS.)	380°F	22
THIGHS, BONELESS (1.5 LBS.)	380°F	18-20

FOOD	TEMP	TIME
LEGS, BONE IN (1.75LBS.)	380°F	30
WINGS (2 LBS.)	400°F	12
GAME HEN (HALVED- 2LBS.)	390°F	20
WHOLE CHICKEN (6.5 LBS.)	360°F	75
TENDERS	360°F	8-10

# AIR FRYER

## Cooking Cheat Sheet



## Beef

FOOD	TEMP	TIME
BURGER (4 OZ.)	370°F	16-20
FILET MIGNON (8 OZ.)	400°F	18
FLANK STEAK (1.5 LBS.)	400°F	12
LONDON BROIL (2 LBS.)	400°F	20-28
MEATBALLS (1-INCH)	380°F	7

FOOD	TEMP	TIME
MEATBALLS (3-INCH)	380°F	10
RIBEYE, BONE IN (1-INCH, 8 OZ.)	400°F	10-15
SIRLOIN STEAKS (1-INCH, 12 OZ.)	390°F	9-14
BEEF EYE ROUND ROAST (4LBS.)	360°F	45-55
SAUSAGES	350°F	15

## Pork & Lamb

FOOD	TEMP	TIME
LOIN (2 LBS.)	360°F	55
PORK CHOPS, BONE IN (1-INCH, 6.5 OZ.)	400°F	12
TENDERLOIN (1LB.)	370°F	15
BACON (REGULAR)	400°F	5-7

FOOD	TEMP	TIME
BACON (THICK CUT)	400°F	6-10
SAUSAGES	380°F	15
LAMB LOIN CHOPS (1-INCH THICK)	400°F	8-12
RACK OF LAMB (1.5 - 2LBS.)	380°F	22

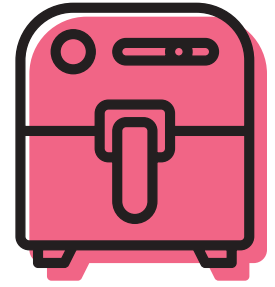
## Fish & Seafood

FOOD	TEMP	TIME
CALAMARI (8 OZ.)	400°F	4
FISH FILLET (1-INCH, 8 OZ.)	400°F	10
SALMON, FILLET (6OZ.)	380°F	12
SWORDFISH STEAK	400°F	10

FOOD	TEMP	TIME
TUNA STEAK	400°F	7-10
SCALLOPS	400°F	5-7
SHRIMP	400°F	5

# AIR FRYER

## Cooking Cheat Sheet



## Frozen Foods

FOOD	TEMP	TIME
CHICKEN NUGGETS	390°F	12
BONELESS WINGS	360°F	14
CHICKEN TENDERS	390°F	12
CHICKEN STRIPS	390°F	12
CORN DOGS	390°F	8-10
FISH STICKS	360°F	8-12
MEATBALLS	350°F	10-12
HOT POCKETS	390°F	13
PIZZA	400°F	10-15
SAUSAGE	400°F	5-10
SHRIMP	390°F	10
EGG ROLLS	390°F	12
JALAPENO POPPERS	340°F	8
MAC AND CHEESE BITES	360°F	8-10
MOZZARELLA STICKS	380°F	7
PIZZA ROLLS	380°F	7
POTATO SKINS	370°F	5

FOOD	TEMP	TIME
POTSTICKERS / DUMPLINGS	390°F	8
SPRING ROLLS	390°F	8
TAQUITOS	400°F	7
FRENCH FRIES	400°F	18-20
CURLY FRIES	400°F	11
STEAK FRIES	370°F	14
TEXAS TOAST	320°F	6
TATER TOTS	400°F	8-10
ONION RINGS	400°F	8-10
BAGELS	360°F	4-5
HASH BROWNS	370°F	15
SAUSAGE PATTIES	400°F	10
TOASTER STRUDEL / POP TARTS	350°F	7
WAFFLES	350°F	6
HOMEFRIES	390°F	15-20
MINI-QUICHE	350°F	15-20