

AIR FRYER CHEAT SHEET

CHICKEN

<u>Food</u>	<u>Temp</u>	<u>Time</u>	<u>Food</u>	<u>Temp</u>	<u>Time</u>
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	Chicken Tenders	360 °F	8-10
Thighs, boneless (1.5 lbs)	380 °F	18-20	Whole Chicken	360 °F	75

PORK AND LAMB

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

BEEF

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

FISH AND SEAFOOD

<u>Food</u>	<u>Temp</u>	<u>Time</u>	<u>Food</u>	<u>Temp</u>	<u>Time</u>
Calamari (8 oz.)	400 °F	4	Tuna Steak	400 °F	7-10
Fish Fillet (1-inch, 8 oz.)	400 °F	10	Scallops	400 °F	5-7
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	5-7			

FROZEN FOOD

<u>Food</u>	<u>Temp</u>	<u>Time</u>	<u>Food</u>	<u>Temp</u>	<u>Time</u>
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
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	12-15
Potato Wedges	350 °F	25-30	Egg rolls/Spring Rolls	400 °F	8-10

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VEGETABLES

Food	Temp	Time	Food	Temp	Time
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 (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	30-35
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			

SNACKS AND SWEETS

Food	Temp	Time	Food	Temp	Time
Baked apples	400 °F	15	Cupcakes	300 °F	15
Banana bread	360 °F	25	Muffins	300 °F	15
Brownies	320 °F	30	Mug cakes	360 °F	15
Cake	300 °F	30	Personal Pizza	360 °F	8
Chickpeas	400 °F	15	Roasted nuts	350 °F	5-8
Cookies	360 °F	10	Taco shells/Tortilla chips	350 °F	3-8

FAVORITE FOODS

Food	Temp	Time	Food	Temp	Time
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