

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)	190 °C	25	Legs, bone in (1.75 lbs)	190 °C	30
Breasts, boneless (4 oz.)	190 °C	12	Wings (2 lbs.)	200 °C	12
Drumsticks (2.5 lbs)	190 °C	20	Game Hen (halved – 2 lbs)	190 °C	20
Thighs, bone in (2 lbs)	190 °C	22	Chicken Tenders	180 °C	8-10
Thighs, boneless (1.5 lbs)	190 °C	18-20	Whole Chicken	180 °C	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.)	180 °C	55	Bacon (thick cut)	200 °C	6-10
Pork Chops, bone in, 6.5 oz	200 °C	12	Sausages	190 °C	15
Tenderloin	190 °C	15	Lamb Loin Chops (1" thick)	200 °C	8-12
Bacon (regular)	200 °C	5-7	Rack of Lamb (1.5 – 2 lbs.)	190 °C	22

BEEF

<u>Food</u>	<u>Temp</u>	<u>Time</u>	<u>Food</u>	<u>Temp</u>	<u>Time</u>
Burger (4 oz.)	190 °C	16-20	Meatballs (3-inch)	190 °C	10
Filet Mignon (8 oz.)	200 °C	18	Ribeye, bone in (1', 8 oz.)	200 °C	10-15
Flank Steak (1.5 lbs)	200 °C	12	Sirloin steaks (1", 12 oz.)	200 °C	9-14
London Broil (2 lbs)	200 °C	20-28	Beef Eye Round Roast	200 °C	45-55
Meatballs (1-inch)	190 °C	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.)	200 °C	4	Tuna Steak	200 °C	7-10
Fish Fillet (1-inch, 8 oz.)	200 °C	10	Scallops	200 °C	5-7
Salmon, fillet (6 oz.)	190 °C	12	Shrimp	200 °C	5
Swordfish steak	200 °C	10	Crab Cakes	200 °C	10
Lobster Tails	190 °C	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.)	200 °C	8	Fish Sticks (10 oz.)	200 °C	10
Thin French Fries (20 oz.)	200 °C	14	Fish Fillets (½-inch, 10 oz.)	200 °C	14
Thick French Fries (17 oz.)	200 °C	18	Chicken Nuggets (12 oz.)	200 °C	10
Mozzarella Sticks (11 oz.)	200 °C	8	Breaded Shrimp	200 °C	9
Pot Stickers (10 oz.)	200 °C	8	Buffalo Wings	200 °C	12-15
Potato Wedges	170 °C	25-30	Egg rolls/Spring Rolls	200 °C	8-10

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VEGETABLES

<u>Food</u>	<u>Temp</u>	<u>Time</u>	<u>Food</u>	<u>Temp</u>	<u>Time</u>
Asparagus (sliced 1-inch)	200 °C	5	Onions (pearl)	200 °C	10
Beets (whole)	200 °C	40	Parsnips (½-inch chunks)	190 °C	15
Broccoli (florets)	200 °C	6	Peppers (1-inch chunks)	200 °C	15
Brussels Sprouts (halved)	190 °C	15	Potatoes (baby, 1.5 lbs)	200 °C	15
Carrots (sliced ½ – inch)	190 °C	15	Potatoes (1-inch chunks)	200 °C	12
Cauliflower (florets)	200 °C	12	Potatoes (baked whole)	200 °C	40
Corn on the cob	190 °C	6	Squash (½-inch chunks)	200 °C	12
Eggplant (1 ½-inch cubes)	200 °C	15	Sweet Potato (baked)	190 °C	30-35
Fennel (quartered)	190 °C	15	Tomatoes (cherry)	200 °C	4
Green Beans	200 °C	5	Tomatoes (halves)	170 °C	10
Kale leaves	120 °C	12	Zucchini (½-inch sticks)	200 °C	12
Mushrooms (sliced ¼-inch)	200 °C	5			

SNACKS AND SWEETS

<u>Food</u>	<u>Temp</u>	<u>Time</u>	<u>Food</u>	<u>Temp</u>	<u>Time</u>
Baked apples	200 °C	15	Cupcakes	150 °C	15
Banana bread	180 °C	25	Muffins	150 °C	15
Brownies	160 °C	30	Mug cakes	180 °C	15
Cake	150 °C	30	Personal Pizza	180 °C	8
Chickpeas	200 °C	15	Roasted nuts	170 °C	5-8
Cookies	180 °C	10	Taco shells/Tortilla chips	170 °C	3-8

FAVORITE FOODS

<u>Food</u>	<u>Temp</u>	<u>Time</u>	<u>Food</u>	<u>Temp</u>	<u>Time</u>
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Air Frying Tips

The suggested times and temps are a rough guide you can use to get started and depend on the quantity of food in the basket and the desired result.

Preheat the air fryer(without food) for 2-3 minutes depending on brand and model.

You can layer fries and tater tots, everything else should be in a single layer.

Always shake or flip food halfway through the cooking process.