



# Air Fryer Cooking Chart


By Allguiderecipes.info


<b>MEAT</b> 	Temp	Minutes
bacon	350°F	6-9
chicken breasts, boneless	350°F	20
chicken drumsticks	400°F	18-22
chicken thighs, bone in	380°F	18-20
chicken nuggets, homemade	400°F	7-9
chicken wings	400°F	18-20
burgers, 1/4 lb.	375°F	8-11
hot dogs	390°F	8-10
meatballs, mini, ~1 inch	400°F	11-13
steak, flank	400°F	6-8
steak, ribeye	400°F	13-18
steak, sirloin	400°F	10-13

<b>PORK</b> 	Temp	Minutes
pork belly, cubed	400°F	18-22
pork chops, boneless	400°F	12-14
pork chops, bone in	380°F	12
pork loin, 1.2 - 1.5 lbs.	400°F	20-23

<b>SEAFOOD</b> 	Temp	Minutes
salmon fillets, 4-6 oz.	400°F	8-11
sausage links, 4 oz.	375°F	18-20
shrimp	400°F	4-5
whitefish	375°F	6-9

<b>EGGS</b> 	Temp	Minutes
eggs, hard boiled	270°F	13-15
eggs, soft boiled	270°F	9-11

<b>FROZEN</b> 	Temp	Minutes
tater tots	400°F	16-18
french fries	400°F	16-18
pizza rolls	375°F	7-9
meatballs	390°F	10-12
mozzarella sticks	400°F	7-8
fish sticks	400°F	7-8
mini pizzas (6 inch)	350°F	8-11
chicken nuggets	400°F	10-12

<b>VEGETABLES</b> 	Temp	Minutes
acorn squash, halved	400°F	16-18
asparagus	400°F	7-9
beets, diced	325°F	26-30
bell peppers, sliced	350°F	8-10
broccoli florets	400°F	6-8
brussels sprouts, halved	375°F	14-16
butternut squash, halved	350°F	45-55
carrots, 3 inch pieces	375°F	25
cauliflower florets	375°F	12-14
kale leaves	375°F	3-5
mushrooms, halved	400°F	10-12
spagetti squash	360°F	20-30
sweet potatoes, whole	400°F	40-45
zucchini, diced	400°F	17-20

\*Cooking times may vary depending on the brand of air fryer that you have and your preferred level of doneness.