




Air Fryer Cooking Chart



By Allguiderecipes.info


MEAT 	Temp	Minutes
bacon	175°C	6-9
chicken breasts, boneless	175°C	20
chicken drumsticks	200°C	18-22
chicken thighs, bone in	190°C	18-20
chicken nuggets, homemade	200°C	7-9
chicken wings	200°C	18-20
burgers, 1/4 lb.	190°C	8-11
hot dogs	190°C	8-10
sausage links, 4 oz.	190°C	18-20
steak, flank	200°C	6-8
steak, ribeye	200°C	13-18
steak, sirloin	200°C	10-13

PORK 	Temp	Minutes
pork belly, cubed	200°C	18-22
pork chops, boneless	200°C	12-14
pork chops, bone in	190°C	12
pork loin, 1.2 - 1.5 lbs.	200°C	20-23

SEAFOOD 	Temp	Minutes
salmon fillets, 4-6 oz.	200°C	8-11
shrimp	200°C	4-5
whitefish	190°C	6-9

EGGS 	Temp	Minutes
eggs, hard boiled	132°C	13-15
eggs, soft boiled	132°C	9-11

FROZEN 	Temp	Minutes
tater tots	200°C	16-18
french fries	200°C	16-18
pizza rolls	190°C	7-9
meatballs	190°C	10-12
mozzarella sticks	200°C	7-8
fish sticks	200°C	7-8
mini pizzas (6 inch)	175°C	8-11
chicken nuggets 	200°C	10-12

VEGETABLES 	Temp	Minutes
acorn squash, halved	200°C	16-18
asparagus	200°C	7-9
beets, diced	160°C	26-30
bell peppers, sliced	175°C	8-10
broccoli florets	200°C	6-8
brussels sprouts, halved	190°C	14-16
butternut squash, halved	175°C	45-55
carrots, 3 inch pieces	190°C	25
cauliflower florets	190°C	12-14
kale leaves	190°C	3-5
mushrooms, halved	200°C	10-12
spagetti squash	190°C	20-30
sweet potatoes, whole	200°C	40-45
zucchini, diced	200°C	17-20

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