

Cooking times are in Farenheit, and may vary based on quantity, thickness of food and type of Air Fryer

BEEF	TEMP	TIME
Meatball _____	380°	7-10
Ribeye Steak _____	400°	12-15
Sirloin Steak (12oz) _____	400°	10-15
Beef Round Roast _____	390°	45-55
Burgers _____	370°	16-20
Filet Mignon _____	380°	12-16

POULTRY	TEMP	TIME
Whole Chicken (3 lbs.) _____	360°	60-70
Boneless Chicken Breast _____	360°	19
Drumsticks _____	370°	20
Thighs, Bone in _____	380°	22
Thighs, Boneless _____	380°	18-20
Wings _____	360-390°	20
Tenders _____	360°	8-10
Chicken Nuggets (frozen) _____	400°	10-12
Boneless Turkey Breast _____	350°	45-55
Cornish Game Hens _____	350°	30
Duck _____	300°	45-55

PORK	TEMP	TIME
Pork Chops _____	400°	12-14
Pork Tenderloin _____	370°	15
Bacon _____	400°	5-7
Bacon (thick cut) _____	400°	6-10
Pork Loin _____	360°	55
Sausage _____	380°	15
Ribs _____	380°	30

SEAFOOD	TEMP	TIME
Shrimp _____	400°	5
Fish Filet _____	400°	10
Tuna Steak _____	400°	7-10
Mahi Mahi _____	350°	12
Salmon _____	380°	12
Scallops _____	400°	5-7
Fish Sticks (frozen) _____	400°	12
Lobster Tail _____	380°	6-8
Crab Legs _____	370°	5-7

VEGETABLES	TEMP	TIME
Asparagus _____	400°	5
Baked Potato _____	400°	40
Baked Sweet Potato _____	380°	40
Baby Potatoes _____	400°	15
Home Cut French Fries _____	380°	14-16
Zucchini Sticks _____	400°	12
Corn on the Cob _____	390°	6
Carrots _____	380°	15
Eggplant _____	400°	15