

## AIR FRYER COOKING CHART WITH FAHRENHEIT & CELCIUS

### POULTRY

	TEMP (°F / °C)	TIME
Drumsticks	400°F / 200°C	20-25mins
Boneless Chicken Breasts	380°F / 190°C	15-18mins
Boneless Chicken Thighs	400°F / 200°C	15-20mins
Bone-in Chicken Thighs	400°F / 200°C	25-30mins
Wings	400°F / 200°C	15-20mins
Chicken tenders	400°F / 200°C	8-10mins
Boneless Turkey Breasts	360°F / 180°C	45-55mins
Whole Chicken	360°F / 180°C	55-60mins
Cornish game hen	360°F / 180°C	30-35mins
Frozen Chicken Nuggets	400°F / 200°C	10-12mins
Turkey meatballs	400°F / 200°C	8-10mins

### BEEF

	TEMP (°F / °C)	TIME
Ribeye steak	400°F / 200°C	12-15mins
Sirloin steak	400°F / 200°C	12-15mins
Round top roast	400°F / 200°C	45-55mins
Steak bites	400°F / 200°C	10-12mins
Meatballs	400°F / 200°C	10-12mins
Burgers	350°F / 180°C	12-15mins
Fillet Mignon	400°F / 200°C	15-20mins

### PORK

	TEMP (°F / °C)	TIME
Bacon	400°F / 200°C	8-10mins
Bacon (thick cut)	400°F / 200°C	10-12mins
Sausages	400°F / 200°C	13-15mins
Pork chops	400°F / 200°C	12-14mins
Pork tenderloin	400°F / 200°C	13-15mins
Pork loin	400°F / 200°C	50-55mins
Ribs	400°F / 200°C	25-30mins
Hot dogs	400°F / 200°C	8mins

### SEAFOOD

	TEMP (°F / °C)	TIME
Salmon	400°F / 200°C	10-12mins
Fish Fillet	400°F / 200°C	8-12mins
Shrimp	400°F / 200°C	8-12mins
Scallops	400°F / 200°C	6-8mins
Tuna Steak	400°F / 200°C	8-10mins
Crab legs	380°F / 190°C	5-7mins
Lobster tail	380°F / 190°C	7-8mins
Frozen Fish Sticks	400°F / 200°C	12mins

### VEGETABLES

	TEMP (°F / °C)	TIME
Brussels Sprouts	400°F / 200°C	8-10mins
Carrots	400°F / 200°C	10-12mins
Asparagus	400°F / 200°C	6-8mins
Green beans	400°F / 200°C	6-8mins
Broccoli	400°F / 200°C	6-8mins
Cauliflower	400°F / 200°C	6-8mins
Whole Potatoes (incld sweet)	400°F / 200°C	40-55mins
Potato Wedges	400°F / 200°C	20-25mins
Frozen Fries	400°F / 200°C	15mins
Corn on the cob	400°F / 200°C	10-12mins
Zucchini	400°F / 200°C	6-8mins
Eggplant	400°F / 200°C	6-8mins
Plantains	350°F / 180°C	12-15mins