

AIR FRYER COOKING TIMES

VEGETABLES

Type	Size	Temp (°F)	Time (mins)
Asparagus	Spears, 1" pieces	400	8
Baked Potato	Whole, 10–12 oz	400	48
Bell Peppers	1/2" strips	400	13
Broccoli Florets	Florets 1.5"	400	14
Brussels Sprouts	Halved	400	18
Butternut Squash Cubes	1" cubes	400	22
Carrots	1/2" chunks	400	16
Cauliflower Florets	Florets 1.5"	400	16
Cauliflower Steaks	1" thick	400	19
Corn on the Cob	Half ears	400	16
Eggplant	1/2" slices	400	14
Green Beans	Whole, trimmed	400	10
Kale Chips	Leaves	275	14
Mushrooms	1/2" slices	400	10
Potato Wedges	3/4" wedges	400	24
Sweet Potato Fries	3/8" sticks	400	22
Zucchini	1/2" slices	400	11

FROZEN FOODS

Type	Size	Temp (°F)	Time (mins)
Bagel Bites	9 pcs, single layer	400	11
Churros (frozen)	Frozen sticks	375	10
Frozen Chicken Nuggets	Standard, ~1 oz each	375	16
Frozen Fish Sticks	1 oz sticks	400	13
Frozen Fries	Regular cut (3/8")	400	19
Frozen Hash Browns	Patties (~4")	400	19
Frozen Tater Tots	Standard tots	400	18
Mozzarella Sticks	8–10 sticks	375	8
Onion Rings (breaded)	Breaded rings	400	14

CHICKEN

Type	Size	Temp (°F)	Time (mins)
Chicken Breast	1" thick (boneless)	375	18
Chicken Drumsticks	2.5 lb batch	375	24
Chicken Thighs	Bone-in, 3/4" thick	375	19
Chicken Wings	2 lb batch	400	28
Turkey Breast	1.5" thick roast	350	36
Turkey Legs	2–3 lb (2 legs)	350	36

BEEF

Type	Size	Temp (°F)	Time (mins)
Beef Burgers (1/2 in)	1/2" patties (4 oz)	400	10
Meatballs	1 1/4" balls	375	16
Ribeye Steak	1 1/4" thick	400	13

SEAFOOD & FISH

Type	Size	Temp (°F)	Time (mins)
Cod Fillet	6–8 oz fillet	375	10
Salmon Fillet	6–8 oz fillet	375	10
Scallops	Large (U10–20)	375	8
Shrimp (large)	Large (16–20 ct/lb)	375	6
Tilapia Fillet	6 oz fillet	375	8

OTHER MEATS

Type	Size	Temp (°F)	Time (mins)
Apple Slices (chips)	1/8" slices	200	72
Banana Bread	8x4" mini loaf	325	44
Brownies	8x8" pan	325	20
Cookies	Dough balls	325	10
French Toast Sticks	Sticks, single layer	375	10
Garlic Bread	1/2" slices	375	8
Halloumi Slices	1/2" slices	375	8
Lamb Chops	3/4" thick	400	13
Pizza Slices	1 slice (regular)	375	8
Tofu Cubes	3/4" cubes	375	18

Legend: Poultry 165°F • Ground beef/sausage 160°F • Salmon 125°F • White fish 140–145°F • Lamb chops 135°F (medium)

For best results, shake or flip food halfway through cooking time. Preheating time not included. Always verify doneness.

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