

air fryer cooking times

Beef	Temp	Time
Burgers (1/4 Pound)	177	8-12
Filet Mignon (8oz)	205	18-20
Flank Steak (1.5 lbs)	205	10-12
Meatballs (1 inch)	193	7-10
Rib Eye (bone in)	205	10-12
Round Roast (4 lbs)	199	45-55
Sirloin Steak (12oz)	199	9-14

Chicken	Temp	Time
Chicken Whole (3.5 lbs)	177	45-60
Chicken Breast (boneless)	193	12-15
Chicken Breast (bone in)	177	22-25
Chicken Drumsticks	193	23-25
Chicken Thighs (bone in)	193	23-25
Chicken Tenders	177	8-12
Chicken Wings	193	22-25

Fish & Seafood	Temp	Time
Calamari	205	4-5
Fish Fillets	205	10-12
Salmon Fillets	177	8-12
Scallops	205	5-7
Shrimp	188	5-7
Lobster Tails	188	5-7
Tuna Steaks	205	7-10

Pork & Lamb	Temp	Time
Bacon	177	8-12
Lamb Chops	205	8-12
Pork Chops (1" boneless)	205	8-10
Pork Loin (2 lbs)	182	18-21
Rack of Lamb (24-32oz)	190	22-25
Ribs	205	10-15
Sausages	193	10-15

Frozen Foods	Temp	Time
Breaded Shrimp	205	8-9
Chicken Burger	182	12-12
Chicken Nuggets	188	10-12
Chicken Strips	193	12-15
Corn Dogs	205	7-9
Fish Fillets	199	10-12
Fish Sticks	199	12-15
French Fries (Thin Cut)	193	12-15
French Fries (Thick Cut)	193	15-17
Hash Brown Patties	193	10-12
Meatballs (1" meatballs)	177	10-12
Meat Pies (1-2 pies)	188	23-25
Mozzarella Sticks	199	7-9
Onion Rings	193	8-10
Pizza	199	5-10
Pizza Rolls	193	7-9
Pot Stickers	199	8-10
Spring Rolls	199	12-15
Sweet Potato Fries	193	12-15
Tater Tots	193	15-17

Vegetables	Temp	Time
Asparagus	205	5
Beets	205	40
Broccoli Florets	205	6
Brussel Sprouts (halved)	193	12-15
Carrots (1/2" slices)	182	12-15
Cauliflower Florets	205	10-12
Corn on the Cob	199	6-7
Eggplant (1/2" cubes)	205	12-15
Green Beans	205	4-6
Mushrooms	205	4-5
Onions (pearl)	205	8-10
Peppers (whole)	193	8-10
Potatoes (Baby)	199	12-15
Potatoes (wedges)	199	15-18
Potatoes (1" Cubes)	199	12-15
Potatoes (whole)	199	35-45
Squash (1" Cubes)	199	12-15
Sweet Potato (Whole)	193	30-35
Tomatoes (cherry)	205	4-5
Zucchini (1/2" sticks)	205	10-12

Cooking times are an estimate and will vary depending on the make and model of your air fryer as well as the quantity of food in the basket.

All temps listed in °C. All times listed in minutes.