

# air fryer cooking times

Beef	Temp	Time
Burgers (1/4 Pound)	350	8-12
Filet Mignon (8oz)	400	18-20
Flank Steak (1.5 lbs)	400	10-12
Meatballs (1 inch)	380	7-10
Rib Eye (bone in)	400	10-12
Round Roast (4 lbs)	390	45-55
Sirloin Steak (12oz)	390	9-14

Chicken	Temp	Time
Chicken Whole (3.5 lbs)	350	45-60
Chicken Breast (boneless)	380	12-15
Chicken Breast (bone in)	350	22-25
Chicken Drumsticks	380	23-25
Chicken Thighs (bone in)	380	23-25
Chicken Tenders	350	8-12
Chicken Wings	380	22-25

Fish & Seafood	Temp	Time
Calamari	400	4-5
Fish Fillets	400	10-12
Salmon Fillets	350	8-12
Scallops	400	5-7
Shrimp	370	5-7
Lobster Tails	370	5-7
Tuna Steaks	400	7-10

Pork & Lamb	Temp	Time
Bacon	350	8-12
Lamb Chops	400	8-12
Pork Chops (1" boneless)	400	8-10
Pork Loin (2 lbs)	360	18-21
Rack of Lamb (24-32oz)	375	22-25
Ribs	400	10-15
Sausages	380	10-15

Frozen Foods	Temp	Time
Breaded Shrimp	400	8-9
Chicken Burger	360	12-12
Chicken Nuggets	370	10-12
Chicken Strips	380	12-15
Corn Dogs	400	7-9
Fish Fillets	390	10-12
Fish Sticks	390	12-15
French Fries (Thin Cut)	380	12-15
French Fries (Thick Cut)	380	15-17
Hash Brown Patties	380	10-12
Meatballs (1" meatballs)	350	10-12
Meat Pies (1-2 pies)	370	23-25
Mozzarella Sticks	390	7-9
Onion Rings	380	8-10
Pizza	390	5-10
Pizza Rolls	380	7-9
Pot Stickers	390	8-10
Spring Rolls	390	12-15
Sweet Potato Fries	380	12-15
Tater Tots	380	15-17

Vegetables	Temp	Time
Asparagus	400	5
Beets	400	40
Broccoli Florets	400	6
Brussel Sprouts (halved)	380	12-15
Carrots (1/2" slices)	360	12-15
Cauliflower Florets	400	10-12
Corn on the Cob	390	6-7
Eggplant (1/2" cubes)	400	12-15
Green Beans	400	4-6
Mushrooms	400	4-5
Onions (pearl)	400	8-10
Peppers (whole)	380	8-10
Potatoes (Baby)	390	12-15
Potatoes (wedges)	390	15-18
Potatoes (1" Cubes)	390	12-15
Potatoes (whole)	390	35-45
Squash (1" Cubes)	390	12-15
Sweet Potato (Whole)	380	30-35
Tomatoes (cherry)	400	4-5
Zucchini (1/2" sticks)	400	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 °F. All times listed in minutes.