

AIR FRYER

cooking times

beef

Food	Temp (F)	Cook
Burger	370	16-20
Filet Mignon	400	18
London Broil	400	25-28
Meatballs	380	7
Ribeye	400	10-15
Round Roast	400	10-15
Sirloin	390	45-55

chicken

Food	Temp (F)	Cook
Breasts w/Bone	370	25
Boneless Breast	380	12
Chicken Thighs	380	22
Legs	380	30
Tenders	360	7-10
Wings	400	12
Whole Bird	360	75

frozen foods

Food	Temp (F)	Cook
Onion Rings	400	8
Fries - Thin	400	14
Fries - Thick	400	18

seafood

Food	Temp (F)	Cook
Fish Filet	400	10
Salmon Filet	380	12
Shrimp	400	5

veggies

Food	Temp (F)	Cook
Asparagus	400	5
Broccoli	400	6
Brussels Sprouts	400	18
Carrots	380	15
Cauliflower	400	12
Corn On the Cob	390	6

Food	Temp (F)	Cook
Eggplant	400	15
Green Beans	400	5
Peppers	400	15
Potatoes - Small	400	15
Potatoes - Whole	400	40
Sweet Potato	380	30-35