The Ultimate Air Fryer Cooking Chart

By Jayne Smythe



Zucchini (1/2 inch sticks)	Tomatoes (halves)	Tomatoes (cherry)	Sweet potato (baked)	Squash (1/2 inch chunks)	Potatoes (baked whole)	Potatoes (1 inch chunks)	Potatoes (small baby, 1.5Lbs)	Peppers (1 inch chunks)	Parsnips (1/2 inch chunks)	Onions (pearl)	Mushrooms (sliced 1/4 inch)	Kale leaves	Green beans	Fennel (quartered)	Eggplant (1 1/2 inch cubes)	Corn on the cob	Cauliflower (lorets)	Carrots (sliced 1/2 inch)	Brussel sprouts (halved)	Broccoli	Beets (whole)	Asparagus	Vegetables
400	350	400	380	400	400	400	400	400	380	400	400	250	400	370	400	390	400	380	380	400	400	400	Temperature (F)
12	10	4	35	12	40	12	15	15	15	10	5	12	5	15	15	6	12	15	15	6	40	5	e (F) Time

Chicken	Temperature (F) Time	Time
Breasts, bone in (1.25 lbs)	370	25
Breasts, boneless (4 oz)	380	12
Drumsticks (2.5 lbs)	370	20
Thighs, bone in (2 lbs)	380	22
Thighs, boneless (1.5 lbs)	380	20
Legs, bone in (1.75 lbs)	380	30
Wings (2 lbs)	400	12
Game hen (halved 2 lbs)	390	20
Whole chicken (6.5 lbs)	360	75
Tenders	360	10

Beef	Temperature (F) Time	Time
Burger (4oz)	370	16
Filet Mignon (8oz)	400	18
Flank Steak (1.5lbs)	400	12
London broil (2lbs)	400	20 to 28
Meatballs (1 inch)	380	7
Meatballs (3 inch)	380	10
Ribeye, bone in (1 inch, 8oz)	400	10 to 18
Sirloin steaks (1 inch, 12 oz)	400	9 to 14
Beef eye round roast (4lbs) 390	390	45 to 55

Pork & Lamb	Temperature (F)	Time
Loin (2lbs)	360	55
Pork Chops, bone in (1 inch, 6.5oz)	400	12
Tenderloin (1 lb)	370	15
Bacon (regular)	400	5 to 7
Bacon (thick cut)	400	6 to 10
Sausages	380	15
Lamb loin chops (1 inch thick)	400	8 to 12
Rack of lamb (1.5 - 2 lbs)	380	22
Fish & Seafood	Temperature (F)	Time
Calamari (8 oz)	400	4
Fish fillet (1 inch, 8 oz)	400	10
Salmon, filet (6oz)	380	12
Swordfish steak	400	10
Tuna steak	400	7 to 10
scallops	400	5 to 7
shrimp	400	5
Frozen foods	Temperature (F)	Time
Onion rings (12 oz)	400	8
Thin French fries (20oz)	400	14
Thick French fries (17 oz)	400	18
Mozzarellla sticks (11 oz)	400	8
Pot stickers (10oz)	400	8
Fish sticks (10oz)	400	10
Fish Filets (1/2 inch, 10oz)	400	14
Chicken nuggets (12oz)	400	10
Breaded shrimp	400	9

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DUTCH OVENS