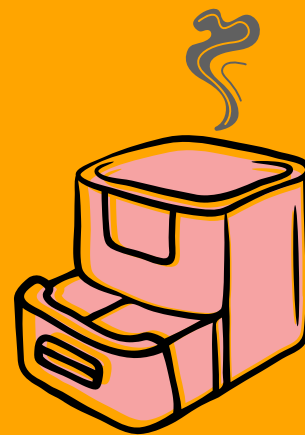


AIR FRYER COOKING TIMES CHEAT SHEET



MEATS

	TEMP	TIME
Bacon	400	5-10
Burgers (1/4lbs fresh)	350	8-12
Chicken Whole (3.5lbs)	350	45-60
Chicken Breast (w/bone 1.3lbs)	350	20-25
Chicken Breast (no bone 1.3lbs)	370	15-18
Chicken Drumsticks (2.5lbs)	400	15
Chicken Thighs (w/bone)	370	16-18
Chicken Tenders	350	8-12
Chicken Wings (2lbs)	380	14-16
Filet Mignon (8oz)	450	8-10
Lamb Chops	400	6-8
Meatballs (1" balls)	400	14-16
Pork Chops (w/bone 1" 6.5oz)	400	12
Pork Loin (2lbs)	400	20-25
Rack Of Lamb (24-32oz)	375	18-25
Ribeye (w/bone 1" 8oz)	400	9-12
Ribs	400	35-40
Roast Beef	400	45-60
Sausage	400	12-15
Sirloin Steak (12oz)	390	9-12

SEAFOOD

	TEMP	TIME
Calamari	400	4-6
Fish Fillets	400	10-12
Salmon Filet	350	12-16
Scallops	400	5-7
Shrimp	350	5-7
Tuna Steak	400	7-10

NOTES

VEGETABLES

	TEMP	TIME
Asparagus (slices)	400	6-8
Beets	400	40
Broccoli (florets)	400	6-8
Brussel Sprouts (halved)	380	12-15
Carrots (1/2" slices)	360	15
Cauliflower (florets)	400	12-15
Corn cob (whole)	390	6
Eggplant (1/2" cubes)	400	15
Green Beans	400	6-8
Mushrooms	400	6-8
Onions (pearl)	400	10
Peppers (whole)	380	10
Potato (baby 1.5lbs)	400	15
Potato (wedges)	400	15
Potato (1" chunks)	400	12
Potato (whole)	400	45-60
Squash (1/2" chunks)	400	12
Sweet Potato (whole)	380	40-45
Tomato (cherry)	400	4
Zucchini	400	12
Peppers (1" chunks)	400	15

FROZEN FOODS

	TEMP	TIME
Cheese Sticks	390	8
Chicken Nuggets	390	10
Fish Filets	390	8-10
Fish Fingers	390	8-10
French Fries (thick cut)	400	18
French Fries (thin cut)	400	14
Onion Rings	400	8-10
Pot Stickers	400	8-10
Popcorn shrimp	400	10-12
Spring Rolls	400	12-15

DESSERTS & SNACKS

	TEMP	TIME
Baked Apples	400	15
Banana Bread	360	30-40
Brownies	320	30
Cake (10oz)	350	20-25
Cookies	300	6-8
Muffins (10oz)	375	15-18
Mug Cake	360	15
Pastries	325	8-10
Personal Pizza	400	8-10
Quiche (14oz)	360	20-22