

AIR *Fryer* EATS

EASY AIR FRYER RECIPES

Air Fryer Cooking Times

While all air fryers run a bit different, these air fryer cooking times will give you a jumping off point of where to start!



Vegetables

FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES
Asparagus	400F/204C	5-7	Potatoes	400F/204C	15	Shishito Peppers	390F/198C	6
Broccoli	300F/148C	10	Green Beans	400F/204C	5	Portabella Mushrooms	350F/180C	12
Brussel Sprouts	400F/204C	8-12	Onions	400F/204C	10	Small Potatoes	400F/204C	15
Carrots (baby)	380F/193C	15	Zucchini	400F/204C	12	Mushrooms	400F/204C	5
Corn on the Cob	380F/193C	8-10	Sweet Potato	390F/198C	35-40	Cauliflower	400F/204C	12
Eggplant	400F/204C	15	Baked Potato	390F/198C	35-40	Peppers	400F/204C	15

meats

FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES
Chicken Breast	350F/175C	18-20	Wings (2lbs)	400F/204C	16-20	Eye of Round Steak	400F/204C	8-12
Whole Chicken	360F/182C	75	Chicken Tenders	400F/204C	10-12	Turkey Breast (3 lbs)	360F/182C	40
Drumsticks	380F/193C	25	Burger (fresh)	350F/176C	8-10	Bacon (regular)	350F/175C	6-8
Thighs	400F/204C	18	Meatballs	380F/193C	15	Porkchops (bone in)	380F/193C	15-18
Brats	350F/175C	5	Meatloaf	370F/187C	30-35	Porkchops (boneless)	400F/204C	12-14
Hotdogs	390F/198C	4-5						

seafood

FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES
Calamari	380F/193C	4	Salmon	400F/204C	10
Tilapia	400F/204C	10-12	Shrimp	400F/204C	8-10

frozen foods

FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES
Mozzarella Sticks	390F/198C	5-7	Chicken Tenders	380F/193C	12-14	Chicken Nuggets	400F/204C	10-12
Steak Fries	380F/137C	22-25	Fish Sticks	400F/204C	8	Bagel Bites	360F/182C	5-6
Texas Toast	350F/176C	3-4	Pizza Rolls	390F/198C	6-8	Potato Skins	370F/187C	5-6
Hot Pockets	370F/189C	11-13	Chicken Wings	380F/193C	30	Tater Tots	400F/204C	18-20
Shoestring French Fries	400F/204C	1-11	Corn Dogs	400F/204C	6-8			
FOOD	TEMP	TIME/MINUTES						
Potato Wedges (frozen)	350F/175C	25-30						
Sweet Potato (frozen)	380F/193C	25-30						

baking

FOOD	TEMP	TIME/MINUTES	FOOD	TEMP	TIME/MINUTES
Muffins	300F/148C	15	Cupcakes	300F/148C	15
Cake	300F/148C	30	Brownies	320F/160C	30