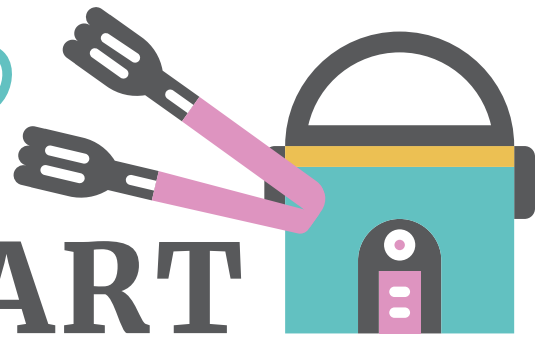


Air Fryer

COOKING CHART



VEGETABLES

FOOD	TEMP	TIME	FOOD	TEMP	TIME
Asparagus	400	5	Onions (pearl)	400	10
Beets (whole)	400	40	Parsnips (cubes)	380	15
Broccoli	400	6	Peppers (1 inch chunks)	400	15
Brussel sprouts	380	15-20	Potatoes (baby)	400	15
Carrots (sliced)	380	15	Potatoes (1 inch chunks)	400	12
Cauliflower florets	400	12	Potatoes (baked whole)	400	40
Corn on the cob	400	9-10	Squash (1/2 inch chunks)	400	12
Eggplant	370	20	Squash (cut in half)	360	25-30
Green beans	400	8	Sweet potato (baked)	380	35
Kale leaves	250	12	Tomatoes (cherry)	400	4
Mushrooms (sliced)	400	5	Tomatoes (halves)	350	10
Mushrooms (whole)	380	10-12	Zucchini (1/2 inch sticks)	400	12

MEAT

FOOD	TEMP	TIME	FOOD	TEMP	TIME
Chicken breasts	380	12	Meatballs	380	7-10
Chicken drumsticks	370	20	Ribeye (bone in)	400	10-18
Chicken thighs (bone in)	380	22	Sirloin steaks	400	9-14
Chicken thighs (boneless)	380	20	Beef eye round roast	390	45-55
Chicken legs (bone in)	380	30	Pork loin	360	55
Chicken wings	400	12	Pork chops (bone in)	400	12
Whole chicken	360	75	Pork tenderloin	370	15
Tenders / chicken strips	360	10	Bacon	400	5-10
Burger	370	16	Sausages	380	15
Filet mignon	400	18	Lamb loin chops	400	8-12
Flank steak	400	12	Rack of lamb	380	22

Air Fryer

COOKING CHART



FISH & SEAFOOD

FOOD	TEMP	TIME	FOOD	TEMP	TIME
Calamari	400	4-8	Swordfish steak	400	10
Fish fillet	400	8-12	Tuna steak	400	7-10
Lobster tails	375	7-10	Scallops	400	5-7
Salmon fillet	380	10-12	Shrimp	350	5-8

FROZEN FOODS

FOOD	TEMP	TIME	FOOD	TEMP	TIME
Onion rings	400	8	Pot stickers	400	8
Potato wedges	350	25-30	Fish sticks	400	10
Thin french fries	400	14	Fish fillets	400	14
Thick french fries	400	18	Chicken nuggets	400	10
Mozzarella sticks	400	8	Chicken tenders	400	15
Sausage rolls	400	15	Breaded shrimp	400	9
Egg rolls /spring rolls	400	8-10	Hot pockets	370	11-13

BAKED SWEETS & SNACKS

FOOD	TEMP	TIME	FOOD	TEMP	TIME
Muffins	300	15	Cookies	360	10
Cake	300	30	Personal pizza	360	8
Cupcakes	300	15	Tortilla chips/taco shells	350	3-8
Brownies	320	30	Roasted nuts	350	5-8
Banana bread	360	25	Chickpeas	400	15
Mug cakes	360	15	Baked apples	400	15