

Air fryer cooking times chart pdf

VEGETABLES

Food	Temperature (°F)	Time (minutes)
Asparagus	400	5
Beets (whole)	400	50
Broccoli	400	8–10
Brussels Sprouts	380	15–20
Carrots (sliced)	380	10
Cauliflower Florets	400	12–15
Corn on the Cob	400	10
Eggplant	370	20
Green Beans	370	12
Kale Leaves	375	5
Mushrooms (sliced)	380	5
Mushrooms (whole)	380	10–12
Onions (pearl)	400	10
Parsnips (cubes)	380	10
Peppers (1-inch chunks)	390	8
Potatoes (baby)	390	18
Potatoes (1-inch chunks)	390	15–18
Potatoes (baked whole)	400	35–40
Squash (cut in half)	390	25–35
Sweet Potatoes (halved)	390	25–35
Tomatoes (cherry)	350	5–10
Turnips (sliced)	380	14
Zucchini (½-inch slices)	400	12

MEAT

Food	Temperature (°F)	Time (minutes)
Chicken Breasts	380	15
Chicken Drumsticks	370	20
Chicken Thighs (bone-in)	380	25
Chicken Thighs (boneless)	380	15
Chicken Legs (bone-in)	380	18
Chicken Wings	380	15
Chicken Tenders/Strips	400	10
Burger	375	10
Filet Mignon	390	7–12
Flank Steak	400	12–15
Meatballs	380	7–10
Ribeye (bone-in)	390	15
Sirloin Steaks	390	8–10
Beef Eye Round Roast	360	45–50
Pork Loin	380	25
Pork Chops (bone-in)	400	12–15
Bacon	350	8–10
Tenderloin	380	20
Lamb Loin Chops	390	8
Rack of Lamb	400	20