

# AIR FRYER COOKING TIMES

## MEAT AND SEAFOOD

Item	Temp	Time	Item	Temp	Time
CHICKEN BREAST	380	5	PORK LOIN	360	55
WHOLE CHICKEN	360	75	PORK CHOPS	400	12
DRUMSTICKS	370	20	TENDERLOIN	370	15
WINGS	400	12	BACON	400	10
CHICKEN TENDERS	360	10	SAUSAGE	380	15
BURGER	370	15-20	CALAMARI	380	4
FILET MIGNON	400	18	FISH FILLET	400	10
FLANK STEAK	400	12	SALMON FILLET	380	12
RIBEYE	400	10-15	TUNA STEAK	400	10
MEATBALLS	400	5	SCALLOPS	400	5-7
BEEF ROAST	400	50	SHRIMP	400	5

## VEGETABLES

Item	Temp	Time	Item	Temp	Time
ASPARAGUS	400	5	KALE	250	12
BEETS	400	40	MUSHROOMS	400	5
BROCCOLI	400	6	ONIONS	400	10
BRUSSELS SPROUTS	380	15	PEPPERS	400	15
CARROTS	380	15	POTATOES	400	15
CAULIFLOWER	400	12	SQUASH	400	12
CORN ON COB	390	6	SWEET POTATO	380	30
EGGPLANT	400	15	TOMATOES	350	4
GREEN BEANS	400	5	ZUCCHINI	400	12

## FROZEN FOOD

Item	Temp	Time	Item	Temp	Time
CHICKEN NUGGETS	400	10	BREADED SHRIMP	400	10
FRENCH FRIES - THIN	400	14	FISH STICKS	400	10
FRENCH FRIES - THICK	400	18	FISH FILLET	400	14
ONION RINGS	400	10	POT STICKERS	400	8
MOZZARELLA STICKS	400	8			