

AIR FRYER

COOK TIMES

MEAT AND SEAFOOD

ITEM	TEMP	TIME	ITEM	TEMP	TIME
CHICKEN BREAST	380	12	PORK LOIN	360	55
WHOLE CHICKEN	360	75	PORK CHOPS	400	12
DRUMSTICKS/THIGHS	370/380	20-22	TENDERLOIN	370	15
WINGS	400	12	BACON	400	5-10
CHICKEN TENDERS	360	8-10	SAUSAGES	380	15
BURGER	370	16-20	CALAMARI	380	4
FILET MIGNON	400	18	FISH FILLET	400	10
FLANK STEAK	400	12	SALMON FILLET	380	12
RIB EYE	400	10-15	TUNA STEAK	400	7-10
MEATBALLS	400	5	SCALLOPS	400	5-7
BEEF EYE ROUND ROAST	390	45-55	SHRIMP	400	5

VEGETABLES

ITEM	TEMP	TIME	ITEM	TEMP	TIME
ASPARAGUS	400	5	KALE LEAVES	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 THE COB	390	6	SWEET POTATO	380	30-35
EGGPLANT	400	15	TOMATOES	350	4-6
GREEN BEANS	400	5	ZUCCHINI	400	12

FROZEN FOOD

ITEM	TEMP	TIME	ITEM	TEMP	TIME
ONION RINGS	400	8	FISH STICKS	400	10
FRENCH FRIES	400	14-18	FISH FILLET	400	14
MOZARELLA STICKS	400	8	CHICKEN NUGGETS	400	10
POT STICKERS	400	8	BREADED SHRIMP	400	9

YOUR FAVORITE FOODS

ITEM	TIME	ITEM	TIME
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_____	_____	_____	_____
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