

Air Fryer



FROZEN FOODS

cheat sheet

Appetizers

	TEMP	TIME
FROZEN BATTERED CAULIFLOWER	400° F 200° C	15 mins.
FROZEN EGG ROLLS	390° F 200° C	12 mins.
FROZEN EMPANADAS	400° F 200° C	8 mins.
FROZEN JALAPENO POPPERS	340° F 170° C	8 mins.
FROZEN MAC AND CHEESE BITES	360° F 175° C	8-10 mins.
FROZEN MOZZARELLA STICKS	380° F 190° C	7 mins.

	TEMP	TIME
FROZEN PIZZA ROLLS	380° F 190° C	7 mins.
FROZEN POTATO SKINS	370° F 185° C	5 mins.
FROZEN SOFT PRETZEL BITES	400° F 200° C	5-7 mins.
FROZEN POTSTICKERS / DUMPLINGS	390° F 200° C	8 mins.
FROZEN SPRING ROLLS	390° F 200° C	8 mins.
FROZEN TAQUITOS	400° F 200° C	7 mins.

Entrees

	TEMP	TIME
FROZEN CHICKEN NUGGETS	390° F 200° C	12 mins.
FROZEN CHICKEN FRIES	390° F 200° C	8 mins.
FROZEN CHICKEN FAJITA	400° F 200° C	7 mins.
FROZEN CHICKEN TENDERS	390° F 200° C	12 mins.
FROZEN CHICKEN STRIPS	390° F 200° C	12 mins.
FROZEN CORN DOGS	390° F 200° C	8-10 mins.
FROZEN MINI CORN DOGS	360° F 180° C	8 mins.
FROZEN FISH STICKS	360° F 180° C	8-12 mins.

	TEMP	TIME
FROZEN HOAGIE PATTY	400° F 200° C	6-7 mins.
FROZEN MEATBALLS	350° F 175° C	10-12 mins.
FROZEN TURKEY FILET (BACON WRAPPED)	370° F 185° C	25 mins.
FROZEN HOT POCKETS	390° F 200° C	13 mins.
FROZEN PIZZA	400° F 200° C	10-15 mins.
FROZEN SAUSAGE	400° F 200° C	5-10 mins.
FROZEN VEGGIE BURGER	350° F 175° C	10 mins.
FROZEN BURRITO	380° F 190° C	12 mins.

Sides

	TEMP	TIME
CURLY FRIES	400° F 200° C	11 mins.
FRENCH FRIES	400° F 200° C	18-20 mins.
STEAK FRIES	370° F 185° C	14 mins.
WAFFLE FRIES	390° F 200° C	16 mins.
FRENCH BREAD STYLE	360° F 180° C	6 mins.

	TEMP	TIME
TEXAS TOAST	320° F 160° C	6 mins.
FROZEN TATER TOTS	400° F 200° C	8-10 mins.
KALE PUFFS	390° F 200° C	9 mins.
FROZEN ONION RINGS	400° F 200° C	8-10 mins.
FROZEN BREADED MUSHROOMS	360° F 180° C	10 mins.

Air Fryer



FROZEN FOODS

cheat sheet

Meat

	TEMP	TIME
FROZEN CHICKEN BREAST (SMALL)	350° F 175° C	10 mins. /side
FROZEN CHICKEN BREAST (LARGE)	350° F 175° C	15 mins. /side
FROZEN BONELESS WINGS	360° F 180° C	14 mins.
FROZEN WHOLE CHICKEN	180° F 80° C	70 mins.

	TEMP	TIME
FROZEN CHICKEN THIGHS	360° F 180° C	20 mins.
FROZEN STEAK	320° F 160° C	20 mins.
FROZEN PORK CHOPS	250° F 120° C	18 mins.

Vegetables

	TEMP	TIME
FROZEN BROCCOLI	360° F 180° C	6 mins.
FROZEN BRUSSELS SPROUTS	400° F 200° C	12 mins.
FROZEN CARROTS	400° F 200° C	10-12 mins.
FROZEN CAULIFLOWER	360° F 180° C	13 mins.

	TEMP	TIME
FROZEN CORN ON THE COB	360° F 180° C	15 mins.
FROZEN GREEN BEANS	320° F 160° C	13 mins.
FROZEN MUSHROOMS	400° F 200° C	8-10 mins.
FROZEN MIXED VEGETABLES	400° F 200° C	6 mins.

Fish & Seafood

	TEMP	TIME
FROZEN SALMON FILLET (THAW FIRST)	400° F 200° C	10 mins.
FROZEN SHRIMP	390° F 200° C	10 mins.

	TEMP	TIME
FROZEN CALAMARI RINGS	360° F 180° C	14 mins.
FROZEN SCALLOPS	320° F 160° C	10 mins.

Breakfast

	TEMP	TIME
BAGELS	360° F 180° C	4-5 mins.
FROZEN HASH BROWNS	370° F 185° C	15 mins.
FROZEN SAUSAGE PATTIES	400° F 200° C	10 mins.
FROZEN SAUSAGE LINKS	400° F 200° C	5-6 mins.
FROZEN HASH BROWN PATTIES	390° F 200° C	11 mins.

	TEMP	TIME
FROZEN HOMEFRIES	390° F 200° C	15-20 mins.
FROZEN MINI-QUICHE	350° F 175° C	15-20 mins.
FROZEN TOASTER STRUDEL / POP TARTS	350° F 175° C	7 mins.
FROZEN WAFFLES	350° F 175° C	6 mins.