

# Air Fryer Cooking Chart

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## MEAT & SEAFOOD\*

|                           | Temp   | Minutes |
|---------------------------|--------|---------|
| bacon                     | 350° F | 6-9     |
| chicken breasts, boneless | 350° F | 20      |
| chicken drumsticks        | 400° F | 18-22   |
| chicken thighs, bone in   | 380° F | 18-20   |
| chicken nuggets, homemade | 400° F | 7-9     |
| chicken wings             | 400° F | 18-20   |
| burgers, 1/4 lb.          | 375° F | 8-11    |
| eggs, hard boiled         | 270° F | 13-15   |
| eggs, soft boiled         | 270° F | 9-11    |
| hot dogs                  | 390° F | 8-10    |
| meatballs, mini, ~1 inch  | 400° F | 11-13   |
| pork belly, cubed         | 400° F | 17-20   |
| pork chops, boneless      | 400° F | 12-14   |
| pork chops, bone in       | 380° F | 12      |
| pork loin, 1.2 - 1.5 lbs. | 400° F | 20-23   |
| salmon fillets, 4-6 oz.   | 400° F | 8-11    |
| sausage links, 4 oz.      | 375° F | 18-20   |
| shrimp                    | 400° F | 4-5     |
| steak, flank              | 400° F | 6-8     |
| steak, ribeye             | 400° F | 13-18   |
| steak, sirloin            | 400° F | 10-13   |
| whitefish                 | 375° F | 6-9     |

## VEGETABLES

|                          | Temp   | Minutes |
|--------------------------|--------|---------|
| acorn squash, halved     | 400° F | 16-18   |
| asparagus                | 400° F | 7-9     |
| beets, diced             | 325° F | 26-30   |
| bell peppers, sliced     | 350° F | 8-10    |
| broccoli florets         | 400° F | 6-8     |
| brussels sprouts, halved | 375° F | 14-16   |
| butternut squash, halved | 350° F | 45-55   |
| carrots, 3 inch pieces   | 375° F | 25      |
| cauliflower florets      | 375° F | 12-14   |
| kale leaves              | 375° F | 3-5     |
| mushrooms, halved        | 400° F | 10-12   |
| sweet potatoes, whole    | 400° F | 40-45   |
| zucchini, diced          | 400° F | 17-20   |

## FROZEN

|                      | Temp   | Minutes |
|----------------------|--------|---------|
| tater tots           | 400° F | 16-18   |
| french fries         | 400° F | 16-18   |
| pizza rolls          | 375° F | 7-9     |
| meatballs            | 390° F | 10-12   |
| mozzarella sticks    | 400° F | 7-8     |
| fish sticks          | 400° F | 7-8     |
| mini pizzas (6 inch) | 350° F | 8-11    |
| chicken nuggets      | 400° F | 10-12   |

\*Always check the internal temperature with a meat thermometer.

Note: Cook times and temperature settings may vary. Reference this chart as a general guide.