



# Air Fryer cooking times

## vegetables

<b>250°F</b> Kale leaves	<b>12 minutes</b>
<b>350°F</b> Tomatoes (halves)	<b>10 minutes</b>
<b>370°F</b> Fennel (quartered)	<b>15 minutes</b>
<b>380°F</b> Brussels Sprouts (halved) Parsnips (½-inch chunks)	<b>15 minutes</b> Carrots (sliced ½-inch)
<b>380°F</b> Sweet Potato (baked)	<b>30-35 minutes</b>
<b>390°F</b> Corn on the cob	<b>6 minutes</b>
<b>400°F</b> Asparagus (sliced 1-inch) Broccoli (florets) Tomatoes (cherry)	<b>4-6 minutes</b> Green Beans Mushrooms (sliced ¼-Inch)
<b>400°F</b> Cauliflower (florets) Zucchini (½-inch sticks) Squash (½-inch chunks)	<b>10-12 minutes</b> Onions (pearl) Potatoes (1-inch chunks)
<b>400°F</b> Eggplant (1½-inch cubes) Potatoes (small baby, 1.5 lbs)	<b>15 minutes</b> Peppers (1-inch chunks)
<b>400°F</b> Potatoes (baked whole)	<b>40 minutes</b> Beets (whole)

## beef

<b>370°F</b> Burger (4 oz.) Meatballs (1-3 -inch)	<b>16-20 minutes</b> <b>7-10 minutes</b>
<b>390°F</b> Beef Eye Round Roast (4lbs.)	<b>45-55 minutes</b>
<b>400°F</b> Sirloin steaks (1-inch, 12 oz.) Ribeye, bone in (1-inch, 8 oz.)	<b>9-15 minutes</b> Flank Steak (1.5 lbs.)
<b>400°F</b> Filet Mignon (8 oz.) London Broil (2 lbs.)	<b>18 minutes</b> <b>20-28 minutes</b>

## chicken

<b>360°F</b> Chicken Tenders	<b>8-10 minutes</b>
<b>360°F</b> Whole Chicken (6.5 lbs.)	<b>75 minutes</b>
<b>370°F</b> Drumsticks (2.5 lbs.)	<b>20-25 minutes</b> Breasts, bone in (1.25lbs.)
<b>380°F</b> Breasts, boneless (4 oz.)	<b>12 minutes</b>
<b>380°F</b> Drumsticks (2.5 lbs.) Thighs, boneless (1.5 lbs.)	<b>18-22 minutes</b> Thighs, bone in (2 lbs.)
<b>380°F</b> Legs, bone in (1.75lbs.)	<b>30 minutes</b>
<b>390°F</b> Game Hen (halved- 2lbs.)	<b>20 minutes</b>
<b>400°F</b> Wings (2 lbs.)	<b>12 minutes</b>

## pork and lamb

<b>360°F</b> Loin (2 lbs.)	<b>55 minutes</b>
<b>370°F</b> Tenderloin (1lb.)	<b>15 minutes</b>
<b>380°F</b> Sausages Rack of lamb (1.5 - 2lbs.)	<b>15 minutes</b> <b>22 minutes</b>
<b>400°F</b> Bacon (regular) Bacon (thick cut)	<b>5-7 minutes</b> <b>6-10 minutes</b>
<b>400°F</b> Lamb Loin Chops (1-inch thick)	<b>8-12 minutes</b> Pork Chops, bone in (1-inch, 6.5 oz.)

## fish and seafood

<b>380°F</b> Salmon, fillet (6oz.)	<b>12 minutes</b>
<b>400°F</b> Calamari (8 oz.)	<b>4-5 minutes</b> Shrimp
<b>400°F</b> Scallops	<b>5-7 minutes</b>
<b>400°F</b> Tuna steak Swordfish steak	<b>7-10 minutes</b> Fish Fillet (1-inch, 8 oz.)