

Air Fryer Cooking Chart



I HEART UMAMI
HEALTHY & DELICIOUS RECIPES

Air Fryer Cooking Times

Beef	Temp	Time
Beef meatballs (1.5-2 oz balls / 1.5-2 in)	350°F/176°C	15–20
Hamburger (6 oz / 1 in)	400°F/204°C	10–15
Roast beef (boneless, bottom round, 4 lb / 4 in)	320°F/160°C	40–50
Steak - ribeye (1 lb / 1 in)	400°F/204°C	7–9 s.
Steak - sirloin (1 lb / 1 in)	400°F/204°C	8–9 s.
Steak - filet (1 lb / 1 in)	400°F/204°C	9–12 s.

Fish & Seafood	Temp	Time
Breaded shrimp (1 lb / medium)	350°F/176°C	8–10
Jumbo shrimp (1 lb / jumbo)	370°F/187°C	6–8
Salmon (5 oz / 1 in)	350°F/176°C	6–8
Scallops (1 oz / 1 in)	400°F/204°C	5–7
Shrimp (1 lb / medium)	370°F/187°C	6–8
Titapia (5 oz / 1/2 in)	350°F/176°C	6–8

Vegetables	Temp	Time
Acorn squash (1 1/2 lb / 2 in)	300°F/149°C	25–35
Asparagus (1 lb / 1/2 in)	400°F/204°C	6–8
Beets (1 lb / 1 1/2 in)	300°F/149°C	40–45
Broccoli (florets 10 oz)	300°F/149°C	10–15
Brussels sprouts (10 oz / halved)	300°F/149°C	20–30
Butternut squash, cubed (10 oz / 3/4 in)	400°F/204°C	15–20
Carrots (whole 1 lb / 3/4 in)	400°F/204°C	10–15
Cauliflower (florets 10 oz)	300°F/149°C	15–20
Corn (1 lb)	400°F/204°C	10–15
Eggplant (cubed 8 oz / 1 in)	400°F/204°C	8–12
Mushrooms (12 oz)	400°F/204°C	7–10
Red bell peppers (2 bell peppers)	400°F/204°C	25–30

Chicken	Temp	Time
Chicken breast (boneless, skinless 8 oz)	360°F/182°C	15–20
Chicken legs / drumstick (1 lb)	360°F/183°C	15–18
Chicken meatballs (1 1/2–2 oz balls / 1 1/2–2 in)	360°F/183°C	10–15
Chicken thigh (boneless, skinless 5 oz)	360°F/183°C	15–18
Chicken thigh (skin on, bone in 6 oz)	360°F/183°C	20–25
Chicken wings (1 lb)	360°F/183°C	25–30

Pork & Bacon & Lamb	Temp	Time
Bacon	320°F/160°C	6–8
Bacon (thick sliced)	320°F/160°C	9–12
Pancetta	320°F/160°C	6–8
Pork chop (boneless 7 oz / 1 1/4 in)	400°F/204°C	12–14
Pork chop (bone-in 8 oz / 1 1/4 in)	400°F/204°C	16–18
Pork tenderloin (1 lb / 2 in)	350°F/176°C	15–18
Sausage (3 oz / 1 in)	400°F/204°C	8–12

Frozen Foods	Temp	Time
Broccoli florets (16 oz)	400°F/204°C	14
Brussels sprouts (16 oz)	400°F/204°C	16
Chicken nuggets (8 oz)	360°F/183°C	8–12
Fish sticks (8 oz)	360°F/183°C	6–8
French fries (1 lb)	360°F/183°C	15–20
Frozen salmon (5.5 oz / 1.5 in)	390°F/199°C	16–18
Frozen shrimp (1 lb / small-medium)	360°F/183°C	6–8
Mozzarella sticks (8 oz)	360°F/183°C	6–8
Onion rings (1 lb)	360°F/183°C	5–7
Pizza rolls (8 oz)	360°F/183°C	15–18
Tater tots (8 oz)	360°F/183°C	10–15



Good Hard Recipe Times

Yicheng Fang



Good Hard Recipe Times:

This book delves into Good Hard Recipe Times. Good Hard Recipe Times is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Good Hard Recipe Times, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Good Hard Recipe Times
- Chapter 2: Essential Elements of Good Hard Recipe Times
- Chapter 3: Good Hard Recipe Times in Everyday Life
- Chapter 4: Good Hard Recipe Times in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Good Hard Recipe Times. The first chapter will explore what Good Hard Recipe Times is, why Good Hard Recipe Times is vital, and how to effectively learn about Good Hard Recipe Times.
3. In chapter 2, this book will delve into the foundational concepts of Good Hard Recipe Times. This chapter will elucidate the essential principles that must be understood to grasp Good Hard Recipe Times in its entirety.
4. In chapter 3, the author will examine the practical applications of Good Hard Recipe Times in daily life. The third chapter will showcase real-world examples of how Good Hard Recipe Times can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Good Hard Recipe Times in specific contexts. This chapter will explore how Good Hard Recipe Times is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Good Hard Recipe Times. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Good Hard Recipe Times.

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