

Air Fryer Cooking Chart



I HEART UMAMI

HEALTHY. TASTY. SIMPLE. RECIPIES.

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/182°C	15–18
Chicken meatballs (1 1/2–2 oz balls / 1 1/2–2 in)	360°F/182°C	10–15
Chicken thigh (boneless, skinless 5 oz)	360°F/182°C	15–18
Chicken thigh (skin on, bone in 6 oz)	360°F/182°C	20–25
Chicken wings (1 lb)	360°F/182°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/182°C	8–12
Fish sticks (8 oz)	360°F/182°C	6–8
French fries (1 lb)	360°F/182°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/182°C	6–8
Mozzarella sticks (8 oz)	360°F/182°C	6–8
Onion rings (1 lb)	360°F/182°C	5–7
Pizza rolls (8 oz)	360°F/182°C	15–18
Tater tots (8 oz)	360°F/182°C	10–15



Cooking Guide For Superwave Oven

Emilie Sanchez



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