

Air Fryer Cooking Guide

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VEGETABLES	TEMP	MINS.	PORK & SEAFOOD	TEMP	MINS.
Asparagus	400°F	7	Pork Loin	360°F	55
Broccoli	400°F	6	Pork Chops, bone in	400°F	12
Brussels Sprouts	380°F	15	Tenderloin (1lb.)	370°F	15
Carrots	380°F	15	Bacon	400°F	5-10
Cauliflower Florets	400°F	12	Sausage	380°F	15
Corn on the Cob	390°F	6	Lamb Chops	400°F	10
Green Beans	400°F	5	Rack of Lamb	380°F	22
Mushrooms, sliced	400°F	5	Cod Filet (1 in thick)	400°F	10
Potatoes, baby	400°F	15	Salmon filet	380°F	12
Potatoes, whole	400°F	40	Tuna steak	400°F	7-10
Sqaush	400°F	12	Scallops	400°F	5-7
Sweet Potato, whole	380°F	32	Shrimp	400°F	5

CHICKEN	TEMP	MINS.	BEEF	TEMP	MINS.
Breast, boneless	380°F	12	Hamburger (4oz)	370°F	18
Drumsticks	370°F	25	Filet Mignon	400°F	18
Thighs, bone in	380°F	22	Flank Steak	400°F	12
Thighs, boneless	380°F	18	Meatballs	380°F	7-10
Tenders	360°F	8-10	Ribeye, bone in	400°F	12
Wings	400°F	13	Sirloin Steak	400°F	11
Whole Chicken	360°F	75	Round Roast (4lbs)	390°F	50

FROZEN FOODS	TEMP	MINS.	FROZEN FOODS	TEMP	MINS.
Onion Rings	400°F	8	Burritos	400°F	12-15
French Fries, Thin	400°F	14	Fish Sticks	400°F	10
French Fries, Thick	400°F	18	Fish Fillets	400°F	14
Mozzarella Sticks	400°F	8	Chicken Nuggets	400°F	10
Pot Stickers	400°F	8	Breaded Shrimp	400°F	9
Pretzel Bites	400°F	8	Frozen Pizza	400°F	10
Tater Tots	400°F	10	Pizza Snacks	400°F	6

Cooking times may vary depending on the brand of air fryer that you have and your preferred level of doneness.

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