

Meats:

MEAT TYPE:	TIME:	TEMP:
Burger	8-10 mins	350°
Steak	7-14 mins	400°
Meatballs	7-10 mins	400°
Brats	8-10 mins	400°
Pork Chops	12-15 mins	375°
Bacon	5-10 mins	400°
Sausage Patties	8-10 mins	400°
Chicken Breast	22-23 mins	375°
Chicken Tenders	14-16 mins	400°
Chicken Wings	10-12 mins	375°
Chicken Thighs (skin on)	25 mins	400°
Chicken Drumsticks	23-25 mins	380°
Whole Chicken	75 mins	360°

Fish & Seafood:

FISH TYPE:	TIME:	TEMP:
Calamari	4 mins	380°
Salmon Fillet	5-7 mins	400°
Fish Fillet	10 mins	400°
Tuna Steak	7-10 mins	400°
Shrimp	8 mins	375°
Scallops	5 mins	400°
Crab Cakes	12 mins	350°
Tilapia	6-8 mins	400°
Cod	8-10 mins	370°

Air Fryer COOKING TIMES

Vegetables:

VEGGIE TYPE:	TIME:	TEMP:
Asparagus	4-6 mins	375°
Baked Potatoes	35-45 mins	400°
Beets (whole)	40 mins	400°
Broccoli	8-10 mins	400°
Brussels Sprouts	15-18 mins	350°
Butternut Squash (cut)	20-25 mins	375°
Carrots	15-25 mins	375°
Cauliflower	10-12 mins	400°
Corn on the Cob	6 mins	390°
Green Beans	16-20 mins	375°
Parsnips (1/2 inch)	15 mins	380°
Peppers	8-10 mins	375°
Potatoes (small baby)	15 mins	400°
Squash (1/2 inch)	12 mins	400°
Sweet Potatoes (cut)	15-20 mins	375°
Zucchini	12 mins	400°