

Air Fryer Cooking Times

Beef	Temp	Time	Chicken	Temp	Time
Beef meatballs (1.5-2 oz balls / 1.5-2 in)	350°F/176°C	15–20	Chicken breast (boneless, skinless 8 oz)	360°F/182°C	15–20
Hamburger (6 oz / 1 in)	400°F/204°C	10–15	Chicken legs /drumstick (1 lb)	380°F/193°C	15–18
Roast beef (boneless, bottom round, 4 lb / 4 in)	320°F/160°C	40–50	Chicken meatballs (1 1/2–2 oz balls /1 1/2–2 in)	380°F/193°C	10–15
Steak - ribeye (1 lb /1 in)	400°F/204°C	7–9	Chicken thigh (boneless, skinless 5 oz)	380°F/193°C	15–18
Steak - sirloin (1 lb /1 in)	400°F/204°C	8–9	Chicken thigh (skin on, bone In 6 oz)	380°F/193°C	20–25
Steak - filet (1 lb /1 in)	400°F/204°C	9–12	Chicken wings (1 lb)	380°F/193°C	25–30
Fish & Seafood	Temp	Time	Pork & Bacon & Lamb	Temp	Time
Breaded shrimp (1 lb / medium)	350°F/176°C	8–10	Bacon	320°F/160°C	6–8
Jumbo shrimp (1 lb / jumbo)	370°F/187°C	6–8	Bacon (thick sliced)	320°F/160°C	9–12
Salmon (5 oz / 1 in)	350°F/176°C	6–8	Pancetta	320°F/160°C	6–8
Scallops (1 oz / 1 in)	400°F/204°C	5–7	Pork chop (boneless 7 oz / 1 1/4 in)	400°F/204°C	12–14
Shrimp (1 lb / medium)	370°F/187°C	6–8	Pork chop (bone-in 8 oz / 1 1/4 in)	400°F/204°C	16–18
Tilapia (5 oz / 1/2 in)	350°F/176°C	6–8	Pork tenderloin (1 lb / 2 in)	350°F/176°C	15–18
			Sausage (3 oz / 1 in)	400°F/204°C	8–12
Vegetables	Temp	Time	Frozen Foods	Temp	Time
Acorn squash (1 1/2 lb / 2 in)	300°F/149°C	25–35	Broccoli florets (16 oz)	400°F/204°C	14
Asparagus (1 lb / 1/2 in)	400°F/204°C	6–8	Brussels sprouts (16 oz)	400°F/204°C	16
Beets (1 lb / 1 1/2 in)	300°F/149°C	40–45	Chicken nuggets (8 oz)	380°F/193°C	8–12
Broccoli (florets 10 oz)	300°F/149°C	10–15	Fish sticks (8 oz)	380°F/193°C	6–8
Brussels sprouts (10 oz / halved)	300°F/149°C	20–30	French fries (1 lb)	380°F/193°C	15–20
Butternut squash,cubed (10 oz / 3/4 in)	400°F/204°C	15–20	Frozen salmon (5.5 oz /1.5 in)	390°F/199°C	16-18
Carrots (whole 1 lb / 3/4 in)	400°F/204°C	10–15	Frozen shrimp (1 lb /small–medium)	380°F/193°C	6–8
Cauliflower (florets 10 oz)	300°F/149°C	15–20	Mozzarella sticks (8 oz)	380°F/193°C	6–8
Corn (1 lb)	400°F/204°C	10–15	Onion rings (1 lb)	380°F/193°C	5–7
Eggplant (cubed 8 oz / 1 in)	400°F/204°C	8–12	Pizza rolls (8 oz)	380°F/193°C	15–18
Mushrooms (12 oz)	400°F/204°C	7–10	Tater tots (8 oz)	380°F/193°C	10–15
Red bell peppers (2 bell peppers)	400°F/204°C	25–30			

All times are listed in minutes.
Cook times and temperatures may vary by the model of the air fryer and the quantity of food.