

# Air Fryer Cooking Times

**NOTE:** Don't forget to flip food over half-way through the cooking time or shake the basket periodically to redistribute ingredients once or twice. Happy Air-frying! - Kitchen Billboards

	<b>TEMP</b>	<b>COOK TIME</b>
<b>Vegetables</b>		
Asparagus (sliced 1-inch)	400 F	5 mins
Beets (whole)	400 F	40 mins
Broccoli (florets)	400 F	6 mins
Brussels Sprouts (halved)	380 F	15 mins
Carrots (sliced 1/2 inch)	380 F	15 mins
Cauliflower (florets)	400 F	12 mins
Corn on the Cob	390 F	6 mins
Eggplant (1 1/2 inch cubes)	400 F	15 mins
Green Beans	370 F	15 mins
Kale Leaves	400 F	12 mins
Mushrooms (sliced 1/4 inch)	400 F	5 mins
Onions (pearl)	400 F	10 mins
Peppers (1 inch chunks)	380 F	15 mins
Potatoes (small baby, 1.5 lbs)	400 F	15 mins
Potatoes (1 inch chunks)	400 F	15 mins
Squash (1/2 inch chunks)	400 F	12 mins
Sweet potato (baked)	380 F	30-35 mins
Tomatoes (cherry)	400 F	4 mins
Tomatoes (halves)	350 F	10 mins
Zucchini (1/2 inch sticks)	400 F	12 mins
<b>Chicken</b>		
Breasts, bone in (1.25 lbs)	370 F	25 mins
Breasts, boneless (4 oz)	380 F	12 mins
Drumsticks (2.5 lbs)	370 F	20 mins
Tenders	360 F	8-10 mins
Boiled Eggs	250 F	19 mins
<b>Beef</b>		

Burger (4 oz)	370 F	16-20 mins
Filet Mignon (8 oz)	400 F	18 mins
Flank Steak (1.5 lbs)	400 F	12 mins
London Broil (2 lbs)	400 F	20-28 mins
Meatballs (1 inch)	380 F	5-7 mins
Sirloin Steaks (1 inch, 12 oz)	400 F	9-14 mins
<b>Pork and Lamb</b>		
Loin	360 F	55 mins
Pork Chops, bone in (1 inch, 6.5 oz)	400 F	12 mins
Tenderloin	370 F	15 mins
Bacon (regular cut)	400 F	5-7 mins
Sausages	380 F	6-10 mins
<b>Fish and Seafood</b>		
Fish Fillet (1 inch, 8 oz)	400 F	10 mins
Salmon, fillet	380 F	12 mins
Tuna steak	400 F	7-10 mins
Shrimp	400 F	5 mins
<b>Frozen Foods</b>		
Onion Rings (12 oz)	400 F	8 mins
Thin French Fries (20 oz)	400 F	14 mins
Thick French Fries	400 F	18 mins
Mozzarella Sticks	400 F	8 mins
Pot Stickers	400 F	8 mins
Fish Sticks	400 F	10 mins
Fish Fillets (1/2 inch, 10 oz)	400 F	14 mins
Chicken Nuggets (12 oz)	400 F	10 mins
Breaded Shrimp	400 F	9 mins
Pot Sticker Dumplings	390 F	8 mins
Spring Rolls	380 F	12-14 mins
Taquitos	360 F	16 mins
Reheat Pizza in Air Fryer	320 F	4 mins