

AIR-FRYER CHART

TYPE	SIZE	TEMP[F]	TEMP[C]	TIME[M]
BEEF				
MIN SAFE INTERNAL TEMPERATURE	USDA	145	63	
	RARE	125	52	
	MEDIUM RARE	135	57	
	MEDIUM	145	63	
	MEDIUM WELL	150	66	
	WELL DONE	160	71	
BURGER (1/4 Pounders)	1 Lb	350	177	8-12
BURGER (1/3 Pounders)	1 Lb	350	177	10-15
BURGER (1/2 Pounders)	1 Lb	350	177	12-18
EYE OF ROUND	4 Lbs	390	200	45-55
FILET MIGNON	8 Oz	400	205	14-18
FLANK STEAK	1.5 Lbs	400	205	10-14
HAMBURGER	4 Oz	370	188	16-20
HOT DOGS	1 Lb	390	200	5-6
LONDON BROIL	2.5 Lbs / 2"	400	205	20-28
MEATBALLS (Small)	1" / Single Layer	380	193	7
MEATBALLS (Medium)	2" / Single Layer	380	193	9
MEATBALLS (Large)	3" / Single Layer	380	193	11
MEATLOAF	2 Lbs	370	188	30-35
NEW YORK STRIP STEAK (Boneless)	8 Oz / 1"	400	205	8-13
RIB EYE STEAK (Bone-in)	8 Oz / 1"	400	205	10-15
RIB EYE STEAK (Boneless)	8 Oz / 1"	400	205	8-13
SIRLOIN STEAK	12 Oz / 1"	400	205	10-15
T-BONE STEAK (Bone-In)	12 Oz / 1"	400	205	10-15
CHICKEN				
MIN SAFE INTERNAL TEMPERATURE	USDA	165	74	
BREAST (Bone-In)	1.25 Lbs	370	188	25
BREAST (Boneless)	4 Oz	380	193	12
DRUMSTICKS (Bone-In)	2.5 Lbs	370	188	20
GAME HEN	2 Lbs Halved	390	200	20
HOT DOGS	1 Lb	390	200	5-6
LEG QUARTERS (Bone-In)	1.75 Lbs	380	193	30
TENDERS	Single Layer	360	182	8-10
THIGHS (Boneless)	2 Lbs	380	193	22
THIGHS (Bone-In)	1.5 Lbs	380	193	18-20
WHOLE CHICKEN	6.5 Lbs	360	182	75
WINGS	2 Lbs	400	205	12
DUCK				
MIN SAFE INTERNAL TEMPERATURE	USDA	165	74	
WHOLE DUCK	5 Lbs	360	182	60
BREAST (Bone-In)	1 Lb	400	205	17-22
BREAST (Boneless)	3/4 Lb	400	205	15-20
LAMB				
MIN SAFE INTERNAL TEMPERATURE	USDA	145	63	
LAMB LOIN CHOPS	1 Lb	400	205	8-12
RACK OF LAMB	1 1/2 To 2 Lbs	400	205	22