

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

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PORK				
MIN SAFE INTERNAL TEMPERATURE	USDA	145	63	
BACON (Thin Cut)	12 Oz	400	205	5-7
BACON (Thick Cut)	12 Oz	400	205	6-10
BRATWURST SAUSAGES	6	350	177	15
HOT DOGS	1 Lb	390	200	5-6
PORK CHOPS (Bone-In)	6.5 Oz / 1"	380	193	15-18
PORK CHOPS (Boneless)	6.5 Oz / 1"	400	205	12-14
PORK LOIN	2 Lbs	400	205	55
PORK SAUSAGE (Links)	1 Lb	380	193	15
PORK SAUSAGE (2" Patties)	1 Lb	380	193	17
PORK TENDERLOIN	1 Lb	370	188	15
SEAFOOD				
MIN SAFE INTERNAL TEMPERATURE	\	145	63	
CALAMARI	8 Oz	400	205	4
CRAB CAKE	1 Lb / 1.5"	360	182	15
FISH CAKE	1 Lb / 1.5"	360	182	15
SALMON PATTIES	1 Lb / 1"	360	182	12
SALMON FILLET	8 Oz	300	150	8-12
SALMON STEAKS (Bone-In)	8 Oz / 1"	300	150	14-18
SCALLOPS	1 Lb	400	205	5-7
SHRIMP (Jumbo - 21/25)	1 Lb	400	205	5-8
SWORDFISH STEAKS (Boneless)	8 Oz / 1"	300	150	10
TUNA STEAKS (Boneless)	8 Oz / 1"	300	150	7-10
TURKEY				
MIN SAFE INTERNAL TEMPERATURE	USDA	165	74	
BREAST (Bone-In)	3 Lbs	360	182	40
BREAST (Boneless)	2.5 Lbs	360	182	30
DRUMSTICKS (Bone-In)	2 Medium	350	177	27-30
THIGHS (Bone-In)	2 Medium	380	193	25-30
THIGHS (Boneless)	2 Medium	380	193	20-25
VEGETABLES				
BAKED POTATO	2 Medium	390	200	35-40
BEETS (1" Chunks)	1 Lb	380	193	8-11
BROCCOLI (Florets)	1 Lb	380	193	6-10
BRUSSELS SPROUTS (Halved)	1 Lb	350	177	8-12
CARROTS (Baby)	1 Lb	380	193	15
CARROTS (Coins)	1 Lb	380	193	15
CAULIFLOWER (Florets)	1 Lb	400	205	12-14
CORN ON THE COB (3" Pieces)	1 Lb	380	193	12-16
CORN ON THE COB (Husks On)	6 Ears	400	205	14-18
EGGPLANT (1.5" Cubes)	1 Lb	400	205	15
FENNEL (Quartered)	1 Lb	370	188	15
GREEN BEANS	1 Lb	400	205	5-8
MUSHROOMS (1/4" Slices)	1 Lb	400	205	5
ONIONS	1 Lb	400	205	10
PARSNIPS (1/2" Chunks)	1 Lb	380	193	15
YELLOW SQUASH (Whole)	1 Lb	400	205	15

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STILL FROZEN FOODS				
Since Air Fryers cook at a much faster rate than a conventional oven, general rules for cooking frozen foods are:				
#1: Reduce the Package Temperature by 50 degrees F (10 degrees C).				
#2: Reduce the overall cook time by 20%.				
BAGEL BITES	1 Lb	360	182	5-6
BREAD DOUGH	1 Loaf	380	193	12-14
BREADED SHRIMP	1 Lb	400	205	9
BREAKFAST PASTRY	2 Pkgs	350	177	8
CHICKEN NUGGETS (Breaded)	12 Oz	360	182	5-6
CHICKEN TENDERS (Breaded)	12 OZ	380	193	6-8
CHICKEN WINGS (Plain)	1 Lb	380	193	6-8
CORN DOGS	6	400	205	15
DUMPLINGS	10 Oz	400	205	8-10
EGG ROLLS	1 Lb	400	205	8-10
FISH STICKS	10 Oz	400	205	8-10
FRENCH FRIES (Thick Cut)	1 Lb	400	205	12-20
FRENCH FRIES (Thin Cut)	1 Lb	400	205	10-14
HASH BROWNS (Shredded)	1/2 Lb	360	182	15-18
HASH BROWNS (Patties)	1/2 Lb	360	182	18-20
HOT POCKETS	1 Lb	370	188	11-13
MEATBALLS (1")	1 Lb	380	193	6-8
MOZZARELLA STICKS (Breaded)	11 Oz	350	177	4-5
ONION RINGS (Breaded)	12 Oz	400	205	8
PIZZA ROLLS	1 Lb	390	200	6-8
POTATO SKINS	1 Lb	370	188	5-6
POTATO WEDGES	1 Lb	350	177	25-30
POT STICKERS	10 Oz	400	205	8-10
PUFF PASTRY BITES (Fruit Filled)	1 Lb	390	200	10
SALMON FILLETS	1 Lb	360	182	8-10
SAUSAGE ROLLS	1 Lb	400	205	15
SHOESTRING FRIES	1 Lb	400	205	10-15
SPRING ROLLS	1 Lb	400	205	8-10
STEAK HOUSE FRIES	1 Lb	380	193	22-25
SWEET POTATO	2 Small	380	193	25-30
SWEET POTATO FRIES (Thin Cut)	1 Lb	400	205	12-16
TATER TOTS	1 Lb	400	205	18-20
TEXAS TOAST	6 Slices	350	177	3-4
VEGGIE BURGER	4 Patties	350	177	10