



AIR FRY COOKING CHART

FOOD	Weight	Accessory	Function	Temperature (F)	Time (Min)	Oil?
Meat/Poultry/Fish						
Breaded Chicken Breast	1 lb	Air Fry Basket	Air Fry	400	20-25 Min	No
Chicken Breast	1 lb	Air Fry Basket	Air Fry	400	20-25 Min	No
Chicken Wings	1 lb	Air Fry Basket	Air Fry	450	20-25 Min	No
Steak	1 lb	Air Fry Basket	Air Fry	450	12-15 Min	No
Pork Chops	1.5 lb	Air Fry Basket	Air Fry	425	20 Min	No
Hamburger	1 lb	Air Fry Basket	Air Fry	450	15 Min	No
Breaded Fish	1 lb	Air Fry Basket	Air Fry	400	15-20 Min	No
Salmon	1 lb	Air Fry Basket	Air Fry	450	20-25 Min	No
Bacon	8 oz	Air Fry Basket	Air Fry	450	20 Min	No
Potatoes						
Potato Skins	1 lb	Air Fry Basket	Air Fry	450	10 Min	Yes
Hand-Cut Fries	1 lb	Air Fry Basket	Air Fry	450	35-40 Min	Yes
Hand-Cut Sweet Potato Fries	1 lb	Air Fry Basket	Air Fry	450	35-40 Min	Yes
Frozen Hash Brown	1 lb	Air Fry Basket	Air Fry	450	25-30 Min	No
Frozen Fries (Thick Cut)	1.5 lbs	Air Fry Basket	Air Fry	450	35-40 Min	No
Frozen Fries (Thin Cut)	1 lb	Air Fry Basket	Air Fry	450	25 Min	No
Vegetables						
Fresh Mixed Veggies	1 lb	Baking Pan	Air Fry	450	20 Min	Yes
Broccoli	8 oz	Baking Pan	Air Fry	450	15 Min	Yes
Asparagus	8 oz	Baking Pan	Air Fry	450	8 Min	Yes
Brussel Sprouts	1.5 lbs	Baking Pan	Air Fry	450	20 Min	Yes
Mushrooms	1 lb	Baking Pan	Air Fry	450	10 Min	Yes
Snacks						
Frozen Chicken Nuggets	1 lb	Air Fry Basket	Air Fry	450	22-25 Min	No
Frozen Mozzarella Sticks	8 oz	Air Fry Basket	Air Fry	450	15-20 Min	No
Frozen Onion Rings	1 lb	Air Fry Basket	Air Fry	450	25-30 Min	No