

The Ultimate Air Fryer Cheat Sheet

AirFryPro.com | Print this and stick it on your fridge!

Quick Reference: Times & Temperatures

Chicken		
FOOD	TEMP	TIME
Chicken Breast	375F / 190C	12-15 min
Chicken Thighs	400F / 200C	18-22 min
Chicken Wings	400F / 200C	20-25 min
Chicken Tenders	400F / 200C	10-12 min
Drumsticks	380F / 193C	18-22 min

Beef & Pork		
FOOD	TEMP	TIME
Steak (1 inch)	400F / 200C	8-12 min
Hamburgers	375F / 190C	8-10 min
Pork Chops	400F / 200C	12-15 min
Pork Tenderloin	400F / 200C	15-20 min
Meatballs	380F / 193C	10-12 min

Seafood		
FOOD	TEMP	TIME
Salmon Fillet	400F / 200C	8-10 min
Shrimp	400F / 200C	6-8 min
Fish Fillet	400F / 200C	10-12 min
Scallops	400F / 200C	5-7 min

Vegetables		
FOOD	TEMP	TIME
Broccoli	375F / 190C	8-10 min
Brussels Sprouts	375F / 190C	12-15 min
Asparagus	400F / 200C	6-8 min
Sweet Potato Fries	400F / 200C	15-20 min
Zucchini	400F / 200C	8-10 min

Frozen Foods		
FOOD	TEMP	TIME
French Fries	400F / 200C	12-15 min
Mozzarella Sticks	375F / 190C	6-8 min
Chicken Nuggets	400F / 200C	8-10 min
Egg Rolls	375F / 190C	8-10 min
Pizza Rolls	380F / 193C	6-8 min
Hot Pockets	375F / 190C	12-14 min

Oven to Air Fryer Conversion

Reduce temp by 25F (15C)

Oven 425F/220C = Air fryer 400F/200C

Reduce time by 20%

Oven 30 min = Air fryer 24 min

Check food early

Check 2-3 min before adjusted time

6 Pro Tips

- 1 Always preheat**
Run your air fryer 3-5 min before adding food.
- 2 Don't overcrowd**
Leave space for hot air to circulate.
- 3 Shake or flip halfway**
Turn food midway for even browning.
- 4 Light oil spray**
A quick spritz helps food crisp up.
- 5 Check early**
Check 2-3 min before suggested time.
- 6 Pat food dry**
Less moisture = crispier results.