



Air Fryer Cooking Sheet



Veggies

Veggie	Temp. (F)	Time (min)
Asparagus	400	7
Beet Chips	400	7
Broccoli (Florets)	400	10
Brussels sprouts	380	10
Corn on the Cob	380	10
Cabbage, Steaks	380	10-12
Carrots, Sliced	400	12
Cauliflower (Florets)	400	10-12
Eggplant (Chunks)	400	12-15
Green Beans	400	7-10
Mushrooms	400	8-10
Onions, Chopped	400	10-15
Peppers, Chunks	400	12
Potato, Baby	400	15
Potato, Wedges	400	15
Potato, Chips	400	8
Pumpkin (Chunks)	400	12-15
Radish Chips	380	8
Squash	400	12
Squash, Breaded	350	10
Sweet Potato, Fries	400	10
Tomato, Sliced	400	10
Zucchini, Sliced	400	10

Meats

Meat	Temp. (F)	Time (min)
Bacon	380	10
Burgers	380	10
Chicken, Whole	350	50-65
Chicken Breast	400	12
Chicken Drumsticks	400	20-25
Chicken Wings	400	20-25
Chicken Tenders	400	8
Chicken Thighs	400	20
Filet Mignon	400	8-14
Lamb Chops	400	8-12
Meatballs	400	6-8
Pork Chops	400	12-15
Pork Loin	380	12-18
Ribeye	400	8-12
Ribs	400	10-15
Sausages	400	12-15
Sirloin Steak	400	8-12

Snacks + Desserts

Snack/Dessert	Temp. (F)	Time (min)
Avocado Fries	380	8
Pineapple, Sliced	350	10-15
Mini Cheesecake	350	10
Fried Oreos	380	6-8
Fried Pickles	380	8
Jalapeños, Stuffed	380	8-10
Chickpeas	350	15
Blooming Onion	380	10
Pizza	380	8-10
Toast	400	4
Hard Boiled Eggs	350	10-12
Soft Boiled Eggs	350	8-10

Seafood + Fish

Seafood/Fish	Temp. (F)	Time (min)
Calamari	400	5
Fish Filet, 1 inch	400	10-12
Salmon Fillet	400	10-12
Scallops	380	5-7
Shrimp	380	6-8
Shrimp, Breaded	380	8

Frozen Foods

Snack/Dessert	Temp. (F)	Time (min)
Chicken Nuggets	400	8-10
Cheese Sticks	400	7-10
Frozen Fries	400	14-20
Pot Stickers	400	8-10

