



Air Fryer COOKING CHART FOR VEG ITEMS

| Food | Temperature | Time |
|-------------------------|----------------------|----------------------|
| FRENCH FRIES | 200 C / 400 F | 20 MINUTES |
| HASH BROWN | 200 C / 400 F | 8-10 MINUTES |
| CARROTS | 190 C / 380 F | 20 MINUTES |
| FRIED OKRA | 160 C / 320 F | 15 MINUTES |
| ONION RINGS | 180 C / 355 F | 15 MINUTES |
| POTATO WEDGES | 200 C / 400 F | 10-12 MINUTES |
| TOFU | 200 C / 400 F | 10 MINUTES |
| PUMPKIN SEEDS | 160 C / 320 F | 7 MINUTES |
| BREAKFAST POTATO | 200 C / 400 F | 15 MINUTES |
| ZUCCHINI FRIES | 200 C / 400 F | 10 MINUTES |
| POTATO PANCAKE | 200 C / 400 F | 15 MINUTES |
| VEG NUGGETS | 200 C / 400 F | 10-12 MINUTES |



Air Fryer COOKING CHART FOR MEAT ITEMS

| Food | Temperature | Time |
|--------------------------|----------------------|----------------------|
| MEATBALLS | 200 C / 400 F | 12-15 MINUTES |
| ORANGE CHICKEN | 200 C / 400 F | 15 MINUTES |
| BACON | 180 C / 355 F | 10 MINUTES |
| CHICKEN BREAST | 180 C / 355 F | 10 MINUTES |
| FISH | 200 C / 400 F | 15 MINUTES |
| HOT DOG | 200 C / 400 F | 7 MINUTES |
| LEMON CHICKEN | 200 C / 400 F | 20 MINUTES |
| CHICKEN LIVER | 200 C / 400 F | 12 MINUTES |
| SALMON | 200 C / 400 F | 10 MINUTES |
| CHICKEN GIZZARD | 200 C / 400 F | 10 MINUTES |
| CHICKEN WINGS | 200 C / 400 F | 15-20 MINUTES |
| CHICKEN DRUMSTICK | 200 C / 400 F | 15-20 MINUTES |



Air Fryer COOKING CHART FOR FROZEN FOODS

| Food | Temperature | Time |
|-------------------------------------|----------------------|----------------------|
| FROZEN CALAMARI | 200 C / 400 F | 8 MINUTES |
| FROZEN CHICKEN FRIES | 200 C / 400 F | 8-10 MINUTES |
| FROZEN FISH FILLETS | 200 C / 400 F | 8-10 MINUTES |
| FROZEN TAQUITOS | 200 C / 400 F | 8 MINUTES |
| FROZEN PIZZA | 180 C / 360 F | 10 MINUTES |
| FROZEN CHICKEN PATTIES | 190 C / 380 F | 6-8 MINUTES |
| FROZEN DUMPLINGS | 190 C / 380 F | 8-10 MINUTES |
| FROZEN MOZZARELLA STICKS | 200 C / 400 F | 10-12 MINUTES |
| FROZEN CHICKEN TENDERS | 200 C / 400 F | 10 MINUTES |



Air Fryer COOKING CHART FOR BAKING

| Food | Temperature | Time |
|------------------------------------|----------------------|----------------------|
| BANANA BREAD | 160 C / 325 F | 30 MINUTES |
| OATMEAL COOKIES | 180 C / 360 F | 10-12 MINUTES |
| PEANUT BUTTER COOKIES | 160 C / 320 F | 8-10 MINUTES |
| VEGAN DONUTS | 160 C / 325 F | 10-12 MINUTES |
| AIR FRIED OREOS | 200 C / 400 F | 5-6 MINUTES |
| CHOCOLATE CHIPS COOKIES | 160 C / 320 F | 12 MINUTES |
| AIR FRYER CUPCAKES | 160 C / 320 F | 10-12 MINUTES |
| AIR FRYER BROWNIES | 160 C / 320 F | 15 MINUTES |
| BANANA MUFFINS | 180 C / 350 F | 10-12 MINUTES |
| CINNAMON ROLLS | 200 C / 400 F | 6-7 MINUTES |