

Air Fryer Cooking Guide

Suggested starting temperatures and cooking times for common foods.

Food	Air Fryer Temp	Approx. Time	Notes
Broccoli florets	375°F	8–10 min	shake halfway
Brussels sprouts	375°F	12–15 min	toss with a little oil
French fries (frozen)	400°F	15–20 min	shake often
Chicken nuggets (frozen)	400°F	10–12 min	single layer
Chicken wings	380°F	22–25 min	turn halfway
Chicken breast	375°F	15–20 min	cook to 165°F
Salmon fillets	375°F	8–10 min	cook to 145°F
Pork chops	375°F	10–14 min	cook to 145°F and rest
Burgers	375°F	10–12 min	cook ground meat to 160°F
Baked potato	400°F	35–40 min	pierce skin first
Garlic bread	350°F	4–6 min	watch closely
Mozzarella sticks (frozen)	390°F	6–8 min	do not overcrowd



- Times are starting points.
- Check food early.
- Shake or turn food when needed.
- Use a thermometer for meat, poultry, and fish.