

Air Fryer Time and Temperature Chart

Track original oven instructions and the air fryer settings you used.

Date: _____ Recipe or Food: _____

Fresh or Frozen: _____ Preheated? ☐ Yes ☐ No If yes, to: _____

	Original Oven Temp	Original Oven Time	Air Fryer Temp	Air Fryer Time	Shake/Turn? (Yes / No)	Result / Notes
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						



QUICK REFERENCE

Lower oven temperature by 25°F and
reduce time by about 20%.



350°F → 325°F



375°F → 350°F



20 min → 16 min



30 min → 24 min



WHAT TO RECORD

- ☐ portion size
- ☐ basket position
- ☐ final texture
- ☐ internal temp
- ☐ changes for next time