

Oven to Air Fryer Cheat Sheet

2-Step Conversion

- 1** 1. Lower oven temperature by 25°F
- 2** 2. Reduce cooking time by about 20%

Quick Temperature Guide

OVEN TEMPERATURE	→	AIR FRYER TEMPERATURE
300°F	→	275°F
325°F	→	300°F
350°F	→	325°F
375°F	→	350°F
400°F	→	375°F
425°F	→	400°F

Quick Time Guide

OVEN TIME	→	AIR FRYER TIME
15 min	→	12 min
20 min	→	16 min
25 min	→	20 min
30 min	→	24 min
40 min	→	32 min

Remember



Preheat if your model recommends it.



Shake, turn, or rotate food as needed.



Single-layer food cooks more evenly.



Use a thermometer for meat and poultry.

Use as a starting point and adjust for your specific air fryer.