HOORVIA — AIR FRYER COOKING TIMES

Quick Reference Cheat Sheet • US Letter & A4 Printable

100% VERIFIED
USDA SAFE TEMPS

1. MEAT & POULTRY (PREHEAT 3 MINS • FLIP HALFWAY)

FOOD ITEM & CUT	TEMP (°F / °C)	COOK TIME	COOKING NOTE & USDA SAFE TEMP
Chicken Breast (Boneless, 6 oz)	**380°F / 195°C**	12–15 min	Flip halfway • Safe: **165°F / 74°C**
Chicken Wings (Fresh, Split)	**400°F / 200°C**	18–22 min	Shake every 6 min • Safe: **165°F / 74°C**
Chicken Thighs (Bone-In)	**380°F / 195°C**	22–25 min	Skin-side up • Safe: **165°F / 74°C**
Ribeye / Sirloin Steak (1" thick)	**400°F / 200°C**	10–12 min	Flip halfway • Med-Rare: **135°F / 57°C**
Beef Burgers (4 oz Ground Patty)	**375°F / 190°C**	8–10 min	Flip once • USDA Safe: **160°F / 71°C**
Pork Chops (Boneless, 1" thick)	**380°F / 195°C**	12–14 min	Flip halfway • Safe: **145°F / 63°C**
Bacon Strips (Regular Cut)	**350°F / 175°C**	7–9 min	Single layer, no oil spray needed
Italian Sausage Links	**380°F / 195°C**	11–13 min	Turn halfway • Safe: **160°F / 71°C**

2. SEAFOOD & FROZEN FAVORITES

FOOD ITEM	TEMP (°F / °C)	COOK TIME	COOKING NOTE & SAFE TEMP
Salmon Fillets (6 oz, Skin-On)	**400°F / 200°C**	7–9 min	No flip needed • Safe: **145°F / 63°C**
Jumbo Shrimp (Raw, Peeled)	**400°F / 200°C**	6–8 min	Shake halfway • Safe: **145°F / 63°C**
Cod / Tilapia Fillets (6 oz)	**380°F / 195°C**	8–10 min	Light oil coat • Safe: **145°F / 63°C**
Frozen French Fries	**400°F / 200°C**	14–18 min	Shake basket vigorously every 5 min
Frozen Chicken Nuggets	**400°F / 200°C**	10–12 min	Flip halfway for crisp golden crust
Frozen Mozzarella Sticks	**390°F / 200°C**	6–8 min	Watch closely to prevent cheese blowout

3. FRESH VEGETABLES (TOSS WITH 1 TSP OIL • SHAKE HALFWAY)

VEGETABLE	TEMP (°F / °C)	COOK TIME	PREP & CRISPNESS TIP
Broccoli Florets (Fresh)	**390°F / 200°C**	8–10 min	Add 1 tbsp water to bottom drawer
Brussels Sprouts (Halved)	**390°F / 200°C**	12–15 min	Shake twice for crispy outer leaves
Roasted Baby Potatoes (Halved)	**400°F / 200°C**	18–20 min	Cut evenly, shake every 6 min
Asparagus Spears (Trimmed)	**400°F / 200°C**	6–8 min	Single layer, shake halfway through

PRO TIP: Always preheat your air fryer for 3 minutes before adding food. Cooking times are starting points—always verify internal doneness using a digital food thermometer.

USDA MINIMUM SAFE TEMPS: Poultry: **165°F (74°C)** • Ground Beef/Pork: **160°F (71°C)** • Whole Steaks, Chops & Fish: **145°F (63°C)**