HOORVIA — AIR FRYER CHICKEN COOKING TIMES & TEMPERATURE CHART

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Quick Reference Cheat Sheet • Every Cut: Tenders, Drumsticks, Whole Bird & Bone-In • US Letter (8.5" × 11")

■ BONELESS CHICKEN CUTS (LEAN & FAST COOKING)

Chicken Cut & Weight	Temp (°F / °C)	Cooking Time	Prep & Juiciness Note
Chicken Tenderloins (Naked, 2 oz)	380°F / 195°C	7–9 min	Flip at 4 min; pull right at 165°F / 74°C
Chicken Tenderloins (Breaded)	390°F / 200°C	9–11 min	Mist breadcrumbs with oil before cooking
Thin-Sliced Cutlets (4 oz)	390°F / 200°C	6–8 min	Great for Parmesan; flip at 4 min
Medium Boneless Breast (6–7 oz)	375°F / 190°C	12–14 min	Pound to even thickness; rest 5 min
Large Thick Breast (9–10 oz)	360°F / 180°C	16–19 min	Lower temp prevents woody, dry exterior
Boneless Skinless Thighs (5 oz)	390°F / 200°C	12–15 min	Flip halfway; stays juicy up to 175°F
Chicken Bite Cubes (1-inch)	400°F / 200°C	8–10 min	Toss in 1 tsp oil; shake basket at 5 min

■ BONE-IN & SKIN-ON CUTS (CRISPY SKIN FOCUS)

Chicken Cut & Weight	Temp (°F / °C)	Cooking Time	Crispy Skin Technique
Chicken Drumsticks / Legs (4 oz)	390°F / 200°C	18–22 min	Flip at 10 min; cook to 175°F for tender meat
Bone-In Split Breast (10–12 oz)	370°F / 190°C	22–26 min	Start skin-side down for 12 min, then flip up
Chicken Leg Quarters (12 oz)	380°F / 195°C	25–28 min	Pat skin bone-dry with paper towels first
Party Wings (Flats & Drumettes)	400°F / 200°C	18–20 min	Toss with 1 tsp baking powder for blistered skin
Whole Chicken Wings (3-Joint)	390°F / 200°C	22–25 min	Flip halfway; single layer without overlapping

■ WHOLE ROAST CHICKEN & CORNISH HENS

Whole Bird Type	Temp (°F / °C)	Cooking Time	Roasting & Resting Protocol
Cornish Game Hen (1.5–2 lbs)	380°F / 195°C	28–32 min	Breast-side down 18 min, flip up for 12 min
Whole Chicken (3.0–3.5 lbs)	360°F / 180°C	45–50 min	Breast down 30 min, flip breast up 15–20 min
Whole Chicken (4.0–4.5 lbs)	350°F / 175°C	55–65 min	Check clearance from top heating element!
Stuffed Chicken Breast (Cordon Bleu)	360°F / 180°C	16–20 min	Secure with toothpicks; do not flip

PRO TIP: Pull boneless chicken breasts out of the air fryer when your thermometer hits 160°F–162°F (71°C), then tent loosely with foil for 5 minutes. Carryover cooking brings the internal temp safely to 165°F without squeezing out juices.
USDA SAFE MINIMUM INTERNAL TEMPS: Poultry: 165°F (74°C) • Ground Beef/Pork: 160°F (71°C) • Whole Steaks, Chops & Seafood: 145°F (63°C)

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