HOORVIA — AIR FRYER FROZEN FOOD COOKING TIMES CHEAT SHEET

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Quick Reference Cheat Sheet • No-Thaw Direct From Freezer • 22 Popular Foods • US Letter (8.5" × 11")

■ FROZEN POTATOES & FRIES (NO OIL NEEDED)

Frozen Food Item	Temp (°F / °C)	Cooking Time	Basket Action & Crisp Tip
Shoestring / Fast-Food Fries	400°F / 200°C	11–14 min	Shake twice; do not fill past 1/2 basket
Crinkle-Cut / Thick Steak Fries	400°F / 200°C	15–18 min	Shake every 5 min; 1 light oil spritz helps
Sweet Potato Fries (Frozen)	380°F / 195°C	13–16 min	Lower temp prevents sugar from charring
Tater Tots / Potato Puffs	400°F / 200°C	12–15 min	Shake vigorously halfway for all-around crunch
Hash Brown Patties	400°F / 200°C	10–12 min	Single layer only; flip at 6-minute mark
Curly / Waffle Fries	400°F / 200°C	12–14 min	Shake at 6 min; season immediately while hot

■ FROZEN APPETIZERS, DUMPLINGS & SNACKS

Frozen Food Item	Temp (°F / °C)	Cooking Time	Basket Action & Crisp Tip
Pizza Rolls / Totino's (15 pcs)	380°F / 195°C	7–9 min	Shake at 4 min; pull right before seams burst
Potstickers / Gyoza / Dumplings	380°F / 195°C	8–10 min	Spray wrapper thoroughly with oil so edges don't dry
Spring Rolls / Egg Rolls	390°F / 200°C	10–12 min	Turn halfway; brush lightly with neutral oil
Jalapeño Poppers (Breaded)	380°F / 195°C	8–10 min	Single layer; remove as soon as cheese bubbles
Bagel Bites (Mini)	380°F / 195°C	6–8 min	No flip; let rest 2 min so cheese sets
Breaded Mushrooms / Zucchini	400°F / 200°C	9–11 min	Shake halfway; serve immediately

■ FROZEN MEAT, POULTRY & SEAFOOD ENTREES

Frozen Food Item	Temp (°F / °C)	Cooking Time	Basket Action & Safe Temp
Breaded Chicken Tenders / Strips	390°F / 200°C	12–15 min	Flip halfway • Internal: 165°F / 74°C
Popcorn Chicken	400°F / 200°C	8–10 min	Shake basket halfway; single layer
Frozen Chicken Patties (Burger)	380°F / 195°C	10–12 min	Flip once at 6 min; add cheese for last 1 min
Breaded Fish Sticks / Fillets	400°F / 200°C	10–13 min	Flip gently at 7 min • Internal: 145°F / 63°C
Popcorn Breaded Shrimp	400°F / 200°C	8–10 min	Shake halfway; do not stack
Frozen Meatballs (Pre-cooked)	380°F / 195°C	9–11 min	Shake halfway • Internal: 165°F / 74°C
Corn Dogs (Standard Size)	375°F / 190°C	10–12 min	Turn halfway so batter browns evenly

PRO TIP: Dry flour coatings (like frozen dumplings, empanadas, or pierogies) have no oil in the dough. Always mist them with cooking oil before air frying, otherwise the flour shell turns hard and chalky.
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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