HOORVIA — AIR FRYER TEMPERATURE CHART & OVEN CONVERSION GUIDE

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Quick Reference Cheat Sheet • Oven-to-Air-Fryer Math + Oil Smoke Points • US Letter (8.5" × 11")

■ OVEN TO AIR FRYER CONVERSION (THE -25°F / -20% RULE)

Standard Oven Temp	Air Fryer Temp (°F / °C)	Oven Bake Time	Air Fryer Time (-20%)
325°F (165°C)	300°F / 150°C	20 minutes	15–16 min
350°F (175°C)	325°F / 160°C	25 minutes	19–20 min
375°F (190°C)	350°F / 175°C	30 minutes	23–24 min
400°F (205°C)	375°F / 190°C	35 minutes	27–28 min
425°F (220°C)	400°F / 200°C	40 minutes	31–32 min
450°F (230°C)	400°F / 200°C (Max)	45 minutes	34–36 min
475°F (245°C)	400°F / 200°C (Max)	50 minutes	38–40 min

■ COOKING OIL SMOKE POINTS FOR AIR FRYING

Cooking Oil / Fat	Smoke Point (°F / °C)	Air Fryer Safety Rating	Best Culinary Use
Avocado Oil (Refined)	520°F / 271°C	Best (Zero Smoke)	High-heat searing, steaks, wings
Light / Refined Olive Oil	465°F / 240°C	Excellent	All-purpose veggies, poultry, fish
Peanut / Groundnut Oil	450°F / 232°C	Excellent	Breaded chicken, fries, crispy snacks
Canola / Grapeseed Oil	400°F / 204°C	Good (Up to 390°F)	Everyday roasting, frozen foods
Extra Virgin Olive Oil	350°F / 175°C	Low Heat Only (<350°F)	Low-temp baking, reheating
Unsalted Butter (Whole)	302°F / 150°C	Avoid (Smokes >325°F)	Brush on after cooking or use Ghee (485°F)

■ TEMPERATURE ZONES BY COOKING TECHNIQUE

Heat Zone	Temp Range (°F / °C)	Target Foods	Key Technique Note
Dehydrate / Proof	105°F–150°F / 40°C–65°C	Fruit chips, jerky, herbs	Keep vents open; slice 1/8 inch thin
Gentle Reheat / Bake	300°F–330°F / 150°C–165°C	Pastries, cakes, dense casseroles	Prevents crust burning before center sets
Standard Roast	350°F–380°F / 175°C–195°C	Chicken breast, pork chops, fish	Ideal balance of moisture retention & browning
High-Crisp / Sear	390°F–400°F / 200°C	Frozen fries, wings, steaks	Shake or flip frequently to avoid dark spots

PRO TIP: Never use aerosol propellant sprays (like PAM) inside an air fryer basket—soy lecithin additives bake onto PTFE non-stick coatings and permanently ruin the surface. Use a refillable pump mister with avocado or light olive oil.
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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