

Air Fryer Cooking Times & Temperatures

Tested times for 21 foods. **Pull temp is the number that matters** — food keeps cooking after it comes out, so take it off early and let it rest the rest of the way.

PROTEINS				
FOOD	TEMP	TIME	PULL TEMP	REST
Chicken breast, boneless 1 inch	380°F	10-12 min	160-162°F	5 min → 165°F
Chicken thighs, boneless	400°F	12-16 min	170-175°F	3-5 min
Chicken thighs, bone-in skin on	400°F	18-22 min	175-185°F	5 min
Chicken wings	380-400°F	25-30 min	180-195°F extra crispy	Toss in sauce
Drumsticks	400°F	18-22 min	175-180°F	5 min
Pork chops 1 inch center-cut	400°F	12-14 min	140-143°F	5 min → 145°F
Pork tenderloin 1 inch medallions	400°F	10-12 min	140°F	5 min → 145°F
Country-style ribs boneless	390°F	14-18 min	190-195°F	5 min → 200-205°F
Salmon fillet 6 oz, ~1 inch	400°F	8-10 min	120-125°F	3 min
Shrimp, large 16/20	400°F	5-7 min	Pink and opaque	1-2 min
Cod or haddock ¾ inch	400°F	9-11 min	130-135°F	None
Steak, ribeye or NY 1 inch	400°F	8-10 min	125-135°F	5-7 min
Smoked sausage, kielbasa precooked	380°F	6-8 min	160-165°F	3 min
Italian or breakfast sausage fresh links	390°F	10-12 min	160-165°F	3 min

VEGETABLES			
FOOD	TEMP	TIME	PULL WHEN
Broccoli florets	400°F	8-10 min	Bright green
Brussels sprouts, halved	400°F	12-15 min	Fork-tender
Cauliflower florets	400°F	10-14 min	Fork-tender
Green beans	380°F	8-10 min	Bright green, tender-crisp
Carrots ½-inch coins	380°F	12-15 min	Fork-tender at thickest
Potatoes ¾-inch cubes	400°F	15-20 min	Fork-tender
Sweet potato fries frozen	380°F	12-16 min	Deep golden, tender inside

Thickness beats weight
Time by the thickest point, not total ounces.

Preheat 2-3 minutes
Skip it and add 2-3 minutes to the total.

Don't crowd the basket
Single layer with space. Two batches beats one pile.

Go easy on oil
1-2 teaspoons or a light spray is plenty for color.