

AIR FRYER CHEAT SHEET

Ultimate Conversion Guide

THE 25/20 RULE: **-25°F TEMP** & **-20% TIME**

Vegetables (Fresh)

Item	Temp (°F)	Time (Mins)	Pro Tip
Asparagus	400°F	5-7	One layer only
Broccoli Florets	375°F	8-10	Light oil spray
Brussels Sprouts	375°F	12-15	Shake halfway
Potato Fries (Thin)	400°F	15-20	Soak in water first

Meat & Poultry

Item	Temp (°F)	Time (Mins)	Safe Temp
Chicken Breast	375°F	18-22	165°F
Chicken Wings	400°F	15-18	Listen for sizzle
Steak (1-inch)	400°F	8-12	Rest for 5 mins
Pork Chops	375°F	12-15	145°F

Frozen Snacks & Bakery

Item	Temp (°F)	Time (Mins)	Instruction
Mozzarella Sticks	400°F	6-8	Do not preheat
French Fries	400°F	12-15	Shake vigorously
Sourdough Rolls	350°F	10-12	Cover with foil early
Reheat Pizza	350°F	3-4	Crispy bottom

Expert Insights from the Workbench

Ninja Users: These units run hot! Drop temps by 30°F instead of 25°F to prevent smoke.

The Sizzle Rule: If it's not sizzling when you pull the basket, it's not crisping. Use a thermometer!

Natural Cleaning: Spray a cooled basket with lemon juice and vinegar to cut through grease effortlessly.

