Last checked 2026-11-20 · Updated November 20, 2026

Oven to air fryer chart

QUICK ANSWER

Start about **25 °F lower and about 20% shorter** than the oven recipe, then check early with a food thermometer.

CHECK WITH A THERMOMETER

Converted times are a starting point. Check doneness with a food thermometer: USDA safe minimums are 165 °F for poultry and leftovers, 160 °F for ground meat and 145 °F for whole cuts of pork, beef and fish. Follow your air fryer or oven manual too.

Starting rule (Illinois Extension, Instant Pot UK): set the air fryer 25 to 30 °F (about 20 °C) below the oven temperature and cut the time by about 20%; check early. Frozen foods: same temperature, about half the time (Instant Pot UK).

Food	Air fryer °F	Time	Turn
Chicken breast, boneless (8 to 10 oz)	390	15 to 22 min	Flip
Chicken wings (2 lb)	400	16 to 22 min	Shake
Chicken thighs, bone-in	390	18 to 24 min	Flip
Chicken tenders (1 lb)	395	8 to 12 min	Flip
Salmon fillet (1 in)	380	6 to 12 min	not stated
Shrimp, large	450	3 to 5 min	Shake
Pork chop, boneless	450	6 to 14 min	Flip
Hamburger (4 oz)	450	6 to 14 min	Flip
Bacon, regular	385	5 to 8 min	Flip
French fries, thin cut	395	14 to 18 min	Shake
Chicken nuggets	385	7 to 12 min	Shake
Tater tots	400	16 to 24 min	Shake
Broccoli florets	425	5 to 9 min	Shake
Brussels sprouts, quartered	415	8 to 16 min	Shake

Food	Air fryer °F	Time	Turn
Potatoes, cubed (1 in)	390	8 to 16 min	Shake
Baked potato, whole (9 to 10 oz)	385	50 to 60 min	not stated
Cookies	300	10 to 14 min	Parchment
Cupcakes or muffins	300	10 to 15 min	not stated

Times are from the Cosori chart (one maker); treat them as a starting point.

Last checked 2026-11-20. Sources: University of Illinois Extension, Air Fryers (PDF); Instant Pot UK conversion guide; Cosori air fryer cooking times chart.

From MunchCooking, https://munchcooking.com/downloads/oven-to-air-fryer-chart/