

# AIRFRY TABLE

FOOD	RECOMMENDED AMOUNT	TEMP	TIME
Bacon wrapped jumbo shrimp*, frozen	1lb. (about 12 pieces)	380°F	12 to 14 minutes
Beef tenderloin roast, 1.5 lb. each	4 roasts	400°F	15 to 20 minutes
Boneless pork loin roast*, about 3–3.5 lb	1 roast	400°F	45 to 55 minutes
"Chicken bites*", frozen	up to 2 lbs.	400°F	12 to 15 minutes
Chicken nuggets/strips, frozen"	up to 2 lbs.	400°F	12 to 15 minutes
Chicken, whole	One 5lb. Chicken	400°F	50 minutes
Frozen appetizers, such as crab cakes*, mozzarella sticks, spring rolls, samosas, onion rings, etc.	Single layer	400°F	8 to 10 minutes
Frozen pastries, such as fruit turnovers or sweet pies	Single layer	380°F	8 to 20 minutes
Frozen individual pot pie	1 pie	370°F	50 minutes
Frozen Pizza, up to 8 inch diameter	Single layer	370°F	8 to 10 minutes
Italian sausage links*, 3 oz. each	8 sausages	400°F	10 to 15 minutes
Italian sausage pinwheels*, 5 oz. each	8 sausages	400°F	10 to 15 minutes
Rack of lamb, 2 lbs. each	1 rack	400°F	22 to 25 minutes
Salmon filets*, 6 oz. each, thawed	4 filets	380°F	6 to 8 minutes
Toasting bread, such as bagels, English muffins, sliced bread	Single layer	400°F	4 to 6 minutes flip bread over after 5 minutes

# STEAMFRY TABLE

FOOD	RECOMMENDED AMOUNT	STEAM TIME	AIRFRY TEMP	AIRFRY TIME
Baked Potato, 12 oz. to 1lb. Each	up to 4 potatoes	15 minutes	400°F	25 minutes
Brussels sprouts, halved	up to 2 lbs.	4 minutes	400°F	15 minutes
Chicken wings	up to 2 lbs.	10 minutes	400°F	25 minutes
Chicken, whole	One 5lb. Chicken	15 minutes	400°F	45 to 50 minutes
Frozen french fries	up to 2 lbs.	5 minutes	400°F	18 to 20 minutes
Frozen Italian sausage links*, 3 oz. each	up to 8 sausages	8 minutes	400°F	12 minutes
Frozen Italian sausage pinwheels*, 5 oz. each	up to 4 sausages	6 minutes	400°F	8 to 10 minutes
Frozen Meatballs*, 2oz. each	12 on a single layer	8 minutes	400°F	10 minutes
Hard squash, such as butternut, acorn, or kabocha, halved, seeded	One squash, halved	10 minutes	400°F	20 minutes
Meatloaf	2 lb.	15 minutes	360°F	30 minutes
Spaghetti squash	One 3lb. squash, halved	30 minutes	400°F	30 minutes

