

Air Fry Cooking Chart

for the AF100 Series Ninja® Air Fryers

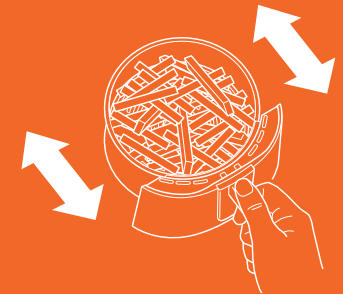
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	390°F	8-12 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25-30 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	10-12 mins
Brussels sprouts	1 lb	Cut in half, stem removed	1 Tbsp	390°F	15-20 mins
Butternut squash	1-1 1/2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	13-16 mins
Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	390°F	15-20 mins
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	390°F	12-15 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	8-10 mins
Kale (for chips)	6 cups, packed	Torn in pieces, stems removed	None	300°F	8-10 mins
Mushrooms	8 oz	Rinsed, cut in quarters	1 Tbsp	390°F	7-9 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	18-20 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	390°F	20-24 mins
	1 lb	Hand-cut fries*, thick	1/2-3 Tbsp, canola	390°F	23-26 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	30-35 mins
Potatoes, sweet	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	30-35 mins
Zucchini	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-18 mins
POULTRY					
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	2 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	18-22 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	22-26 mins
FISH & SEAFOOD					
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	350°F	12-15 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	5-8 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	390°F	10-13 mins
Shrimp	16 large	Whole, peeled, tails on	1 Tbsp	390°F	7-10 mins

*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry. The drier the fries, the better the results.

For best results, shake or toss often.

We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss with silicone-tipped tongs

Air Fry Cooking Chart, continued

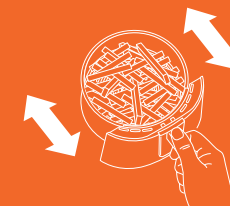
for the AF100 Series Ninja® Air Fryers

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
BEEF					
Burgers	4 quarter-pound patties, 80% lean	1 inch thick	None	375°F	8–10 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10–20 mins
PORK & LAMB					
Bacon	4 strips, cut in half	None	None	350°F	8–10 mins
Pork chops	2 thick-cut, bone-in chops (10–12 ounces each)	Bone in	Brushed with oil	375°F	15–17 mins
	4 boneless chops (8 ounces each)	Boneless	Brushed with oil	375°F	14–17 mins
Pork tenderloins	2 tenderloins (1–1 1/2 lbs each)	Whole	Brushed with oil	375°F	25–35 mins
Sausages	4 sausages	Whole	None	390°F	8–10 mins
FROZEN FOODS					
Chicken cutlets	5 cutlets	None	None	390°F	18–21 mins
Chicken nuggets	1 box (12 oz)	None	None	390°F	10–13 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14–16 mins
Fish sticks	18 fish sticks (11 ounces)	None	None	390°F	10–13 mins
French fries	1 lb	None	None	350°F	20–25 mins
French fries	2 lb	None	None	360°F	28–32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	8–10 mins
Pot stickers	1 bag (24 oz, 20 count)	None	None	390°F	12–14 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	12–15 mins
Popcorn shrimp	1 box (14–16 ounces)	None	None	390°F	9–11 mins
Frozen sweet potato fries	1 lb (20 oz)	None	None	375°F	20–22 mins
Tater tots	1 lb	None	None	360°F	18–22 mins

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Dehydrate Chart

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INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Core removed, cut in 1/8-inch slices, rinsed in lemon water, patted dry	135°F	7-8 hours
Asparagus	Cut in 1-inch pieces, blanched	135°F	6-8 hours
Bananas	Peeled, cut in 3/8-inch slices	135°F	8-10 hours
Beets	Peeled, cut in 1/8-inch slices	135°F	6-8 hours
Eggplant	Peeled, cut in 1/4-inch slices, blanched	135°F	6-8 hours
Fresh herbs	Rinsed, patted dry, stems removed	135°F	4 hours
Ginger root	Cut in 3/8-inch slices	135°F	6 hours
Mangoes	Peeled, cut in 3/8-inch slices, pit removed	135°F	6-8 hours
Mushrooms	Cleaned with soft brush (do not wash)	135°F	6-8 hours
Pineapple	Peeled, cored, cut in 3/8-1/2-inch slices	135°F	6-8 hours
Strawberries	Cut in half or in 1/2-inch slices	135°F	6-8 hours
Tomatoes	Cut in 3/8-inch slices or grated; steam if planning to rehydrate	135°F	6-8 hours
MEAT, POULTRY, FISH			
Beef jerky	Cut in 1/4-inch slices, marinated overnight	150°F	5-7 hours
Chicken jerky	Cut in 1/4-inch slices, marinated overnight	150°F	5-7 hours
Turkey jerky	Cut in 1/4-inch slices, marinated overnight	150°F	5-7 hours
Salmon jerky	Cut in 1/4-inch slices, marinated overnight	150°F	3-5 hours