




KitchenAid®

# AIR FRYER CHEAT SHEET



	TEMPERATURE	TIME	
<b>PROTEIN</b>			
	CHICKEN WINGS	425°F	18 TO 20 MINUTES
	WHOLE CHICKEN	360°F	60 MINUTES
	FISH FILLETS	450°F	12 TO 14 MINUTES
	STEAK	410°F	15 MINUTES FOR MEDIUM DONE
<b>FROZEN FOODS</b>			
	TAQUITOS	400°F	5 TO 7 MINUTES
	MOZZARELLA STICKS	400°F	5 TO 7 MINUTES
	FRENCH FRIES	425°F	22 TO 24 MINUTES
<b>VEGGIES</b>			
	BRUSSELS SPROUTS	425°F	10 MINUTES
	BROCCOLI	400°F	6 MINUTES
	POTATOES	425°F	20 MINUTES
	ZUCCHINI	350°F	12 MINUTES