Calphalon®

AIR FRY COOKING CHART

Using the upper knob, select the desired function.

Using the lower knob, adjust the cooking temperature and time. Press the center button on the lower knob to toggle between cooking temperature and time.

Press Start button to begin preheating. If desired, user can press Start a second time to skip preheat. Please note that cooking times in chart below are based on a preheated oven.

FOOD	Weight	Accessory	Function	Temperature (F)	Time (Min)	Oil?
Meat/Poultry/Fish						
Breaded Chicken Breast	1 lb	Air Fry Basket	Air Fry	400	20-25 Min	No
Chicken Breast	1 lb	Air Fry Basket	Air Fry	400	20-25 Min	No
Chicken Wings	1 lb	Wire rack w/ broil pan	Wings	450	25-30 Min	No
Steak	1 lb	Wire rack w/ broil pan	Air Fry	450	12-15 Min	No
Pork Chops	1.5 lb	Air Fry Basket	Air Fry	425	20 Min	No
Hamburger	1 lb	Wire rack w/ broil pan	Air Fry	450	15 Min	No
Breaded Fish	1 lb	Air Fry Basket	Air Fry	400	15-20 Min	No
Salmon	1 lb	Air Fry Basket	Air Fry	375	18-24 Min	No
Bacon	8 oz	Wire rack w/ broil pan	Air Fry	450	20 Min	No
Potatoes						
Potato Skins	1 lb	Air Fry Basket	Air Fry	450	10 Min	Yes
Hand-Cut Fries	1 lb	Air Fry Basket	Air Fry	450	35-40 Min	Yes
Hand-Cut Sweet Potato Fries	1 lb	Air Fry Basket	Air Fry	450	35-40 Min	Yes
Frozen Hash Brown	1 lb	Air Fry Basket	Air Fry	450	25-30 Min	No
Frozen Fries (Thick Cut)	1.5 lbs	Air Fry Basket	Air Fry	450	35-40 Min	No
Frozen Fries (Thin Cut)	1 lb	Air Fry Basket	Air Fry	450	25 Min	No
Vegetables						
Fresh Mixed Veggies	1 lb	Baking Pan	Air Fry	450	20 Min	Yes
Broccoli	8 oz	Baking Pan	Air Fry	450	15 Min	Yes
Asparagus	8 oz	Baking Pan	Air Fry	450	8 Min	Yes
Brussel Sprouts	1.5 lbs	Baking Pan	Air Fry	450	20 Min	Yes
Mushrooms	1 lb	Baking Pan	Air Fry	450	10 Min	Yes
Snacks						
Frozen Chicken Nuggets	1 lb	Air Fry Basket	Air Fry	450	22-25 Min	No
Frozen Mozzarella Sticks	8 oz	Air Fry Basket	Air Fry	450	15-20 Min	No
Frozen Onion Rings	1 lb	Air Fry Basket	Air Fry	450	25-30 Min	No

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