

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 | | | | | | |
| 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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