



Air Fryer Frozen Foods Cook Time Chart

by  PROJECT meal plan

Frozen Food	Temperature (°F)	Cook Time	Notes
Breaded Shrimp	375	7-10 minutes	Single layer, larger shrimp add 1 min
Chicken Nuggets	330	14-16 minutes	Shake halfway through
Corn Dogs	350	11-13 minutes	Flip halfway through
Hash Brown Patties	390	9-10 minutes	Spray with oil; sprinkle with salt
Jalapeño Poppers	350	7-8 minutes	Check at 6 min
Mini Quiche	320	8-9 minutes	Check at 7 min
Mini Pizza	350	8-10 minutes	Check at 8 min
Mozzarella Sticks	380	7-9 minutes	Check at 6 min
Onion Rings	400	10-12 minutes	Flip halfway through
Pizza Rolls	350	6-8 minutes	Check at 6 min, stop if erupting
Potato Skins	320-350	8-9 minutes	Check at 7 min
Potstickers	350	9-11 minutes	Spray with oil; flip halfway through
Soft Pretzel	330	4 minutes	Salt optional
Tater Tots or French Fries	350-380	15-20 minutes	Spray with oil (optional); sprinkle with salt; shake 2-3 times
Taquitos	400	7-8 minutes	Shake halfway through
Texas Toast	330	3-4 minutes	Check at 3 min

*Cook all foods in a single layer. If your food is not on this list, follow directions for similar size & shape. Cook times may vary due to different models of air fryer or brands of food. Reduce cook time by 1-2 minutes for preheated air fryer or subsequent batches.