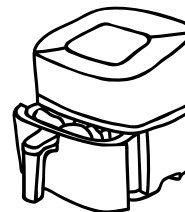


# Oven To Air Fryer



Here's a handy oven-to-air-fryer conversion chart for common cooking temperatures and times. Air fryers typically cook faster than conventional ovens due to their concentrated heat and smaller cooking area, so a general rule is to reduce the temperature by 25-30°F (10-15°C) and cut the cooking time by about 20-25%. Adjustments might be necessary based on the food item and thickness, so keep an eye on the food to avoid overcooking.

Oven Temperature (°F)	Air Fryer Temperature (°F)	Oven Time	Air Fryer Time
400°F	370°F	25 mins	15-18 mins
375°F	350°F	30 mins	20-22 mins
350°F	325°F	40 mins	25-30 mins
325°F	300°F	45 mins	30-35 mins
300°F	275°F	50 mins	35-40 mins
275°F	250°F	60 mins	45 mins

- **Check Early:** Start checking your food a few minutes before the suggested air fryer time. Adjust as needed.
- **Avoid Overcrowding:** Arrange food in a single layer in the air fryer basket to ensure even cooking.
- **Shake or Flip:** For items like fries, nuggets, or small vegetables, shake or flip halfway through for consistent results.