

AIR FRYER TO OVEN CONVERSION - PRINTABLE CHEAT SHEET

Starting-point guidance; appliance performance varies.

Food-by-Food Reverse Conversion - Typical Starting Points

These paired settings are calculated baselines. Treat as starting ranges. Food thickness, pan material, and oven airflow can change the result.

Category	Food	Air Fryer Setting	Target Conventional Oven	Practical Note
Poultry	Chicken breast, boneless	375°F / 15-18 min	400°F / 20-25 min	Verify 165°F internal.
Poultry	Chicken thighs, bone-in	375°F / 18-22 min	400°F / 25-30 min	Space pieces apart on wire rack.
Poultry	Chicken wings	400°F / 22-25 min	425°F / 30-35 min	Use wire rack to ensure crisping.
Poultry	Whole chicken, 3-4 lb	360°F / 50-60 min	385°F / 65-75 min	Thermometer strongly recommended.
Beef	Ribeye steak, 1 inch	400°F / 8-10 min	425°F / 12-15 min	Rest 3 minutes before slicing.
Beef	Hamburger patties	375°F / 8-12 min	400°F / 15-18 min	Cook to 160°F minimum internal.
Pork	Pork chops, boneless	400°F / 10-12 min	425°F / 15-18 min	Do not overcook; rest 3 minutes.
Pork	Bacon, regular cut	350°F / 8-10 min	375°F / 12-15 min	Use a rimmed baking sheet.
Seafood	Salmon fillet, 1 inch	400°F / 8-10 min	425°F / 12-15 min	Cook until flaky and opaque.
Seafood	Shrimp, fresh	400°F / 5-7 min	425°F / 8-10 min	Avoid overcooking; turns rubbery fast.
Vegetables	Broccoli florets	375°F / 8-10 min	400°F / 12-15 min	Spread out evenly for browning.
Vegetables	Brussels sprouts, halved	375°F / 12-15 min	400°F / 18-22 min	Cut side down on pan.
Potatoes	French fries, fresh cut	375°F / 15-18 min	400°F / 20-25 min	Soak in water first, dry thoroughly.
Potatoes	Baked potato, whole	400°F / 35-40 min	425°F / 50-60 min	Prick with fork; cook until tender.

The Golden Rule of Conversion: To convert an air fryer recipe to a conventional oven, add 25°F (15°C) to the temperature and multiply the cooking time by roughly 1.25. If converting to a fan-assisted (convection) oven, keep the temperature the same, and add roughly 10% to the time.

10 Quick Rules for Better Air Fryer-to-Oven Results

1	Use +25°F and x1.25 time as your baseline conventional oven estimate.
2	Preheat the oven fully. Air fryers heat instantly; ovens do not.
3	Expect slightly less aggressive browning in a conventional oven.
4	Use a wire rack placed over a baking sheet to simulate 360-degree air fryer airflow.
5	Do not crowd the pan. Trapped moisture causes steaming instead of roasting.
6	Flip or rotate food exactly halfway through the cooking process.
7	Frozen foods take significantly longer in an oven. Increase time by up to 50% compared to AF instructions.
8	Apply sugary glazes late in the cooking process to prevent the sugars from burning in the oven.
9	Thin foods finish quickly; thick foods are limited by internal heat penetration. Monitor closely.
10	For meat, poultry, and fish, always verify internal temperature rather than relying on color alone.

<https://topgearshub.com/>

AIR FRYER TO OVEN CONVERSION - PRINTABLE CHEAT SHEET

Starting-point guidance; appliance performance varies.

Food-by-Food Reverse Conversion - Frozen & Baking

Category	Food	Air Fryer Setting	Target Conventional Oven	Practical Note
Frozen	Frozen French fries, standard	400°F / 12-15 min	400°F / 20-25 min	Single layer is best; do not thaw first.
Frozen	Chicken nuggets	400°F / 8-10 min	400°F / 15-18 min	Rack improves underside browning.
Frozen	Mozzarella sticks	400°F / 6-8 min	400°F / 10-12 min	Watch closely for cheese blowout.
Frozen	Pizza rolls	380°F / 6-8 min	380°F / 12-15 min	Rest briefly before eating to avoid burns.
Baking	Chocolate chip cookies	325°F / 6-8 min	350°F / 10-12 min	Space apart; parchment paper recommended.
Baking	Brownies, in pan	325°F / 20-25 min	350°F / 30-35 min	Do not overbake; toothpick should be slightly moist.
Baking	Muffins	325°F / 12-15 min	350°F / 18-20 min	Toothpick test center for doneness.
Baking	Canned biscuits/rolls	325°F / 8-10 min	350°F / 12-15 min	Watch top browning carefully.

Special Cases & Pan Setup

Situation	Recommended Approach	Why?
Conventional Oven	Use +25°F and about +25% time as normal baseline.	Full-size static ovens lack the intense, direct airflow of air fryers.
Convection (Fan) Oven	Use +0°F (Keep temp the same) and +10% time.	Internal fans mimic air fryer thermodynamics very closely.
Breaded / Crispy Food	Preheat pan or use wire rack; apply light oil spray.	Elevating food prevents the bottom crust from turning soggy.
Frozen Food	Keep temperature identical to AF; increase time by 50%.	Raising the oven temp too high causes outside to burn while inside stays frozen.
Reheating Leftovers	Keep temperature identical to AF; increase time by 50%.	Gentle, longer heat penetration prevents drying out previously cooked meat.

Food Safety - Internal Temperature Beats Appearance

Food Category	Minimum Safe Temperature	Important Notes
Poultry	165°F / 74°C	Applies to all chicken, turkey, and duck (ground or whole).
Ground Beef / Pork	160°F / 71°C	Burgers, meatloaf, and sausages.
Whole Beef / Pork Cuts	145°F / 63°C (+ 3 min rest)	Steaks, chops, and roasts. Resting is mandatory to kill pathogens.
Fish / Shellfish	145°F / 63°C	Flesh should be fully opaque and flake easily with a fork.

<https://topgearshub.com/>