

AIR FRYER TO OVEN CONVERSION CHART

Printable cooking cheat sheet for conventional oven conversions

1. RAISE TEMP

Add about 25 F (15 C) when moving from an air fryer recipe to a conventional oven.

2. ADD TIME

Divide air-fryer time by 0.8, or multiply by 1.25.

3. CHECK + CRISP

Conventional ovens usually brown more slowly. Start checking near the calculated time; use airflow-friendly pans/racks.

Temperature Conversion Master Chart

Air Fryer	Conventional Oven	Air Fryer	Conventional Oven	Typical Use / Note
300 F	325 F	149 C	163 C	Low-temp roasting; delicate foods
325 F	350 F	163 C	177 C	Baking; gentle cooking
350 F	375 F	177 C	191 C	Muffins, breaded foods, vegetables
375 F	400 F	191 C	204 C	Chicken, fish, fries; common setting
380 F	405 F	193 C	207 C	Higher-air-fry recipe setting
400 F	425 F	204 C	218 C	Wings, steaks, crisping
425 F	450 F	218 C	232 C	High-heat roasting / crisping
450 F	475 F	232 C	246 C	Very high heat; browning

HOW TO USE THIS CHART

Find the air fryer temperature and time from your recipe, move across to the corresponding conventional-oven starting point, then check the food at the earlier checkpoint. Adjust for thickness, quantity and oven type.

Time Conversion Master Chart - Air Fryer to Conventional Oven

Air Fryer Time	Oven Start Time (x1.25)	Typical Added Time	Quick Checkpoint
5 min	6 min	+1 min	Begin checking around 5 min
8 min	10 min	+2 min	Begin checking around 8 min
10 min	12 min	+2 min	Begin checking around 10 min
12 min	15 min	+3 min	Begin checking around 12 min
15 min	19 min	+4 min	Begin checking around 15 min
18 min	22 min	+4 min	Begin checking around 18 min
20 min	25 min	+5 min	Begin checking around 20 min
22 min	28 min	+6 min	Begin checking around 22 min
25 min	31 min	+6 min	Begin checking around 25 min
28 min	35 min	+7 min	Begin checking around 28 min
30 min	38 min	+8 min	Begin checking around 30 min
35 min	44 min	+9 min	Begin checking around 35 min
40 min	50 min	+10 min	Begin checking around 40 min
45 min	56 min	+11 min	Begin checking around 45 min
50 min	62 min	+12 min	Begin checking around 50 min
60 min	75 min	+15 min	Begin checking around 60 min
75 min	94 min	+19 min	Begin checking around 75 min
90 min	112 min	+22 min	Begin checking around 90 min

FAST EXAMPLE

375 F for 16 minutes in an air fryer -> start around 400 F for 20 minutes in a conventional oven. Begin checking at about 16 minutes and continue only as needed.