

OVEN TO AIR FRYER CONVERSION CHART

Printable U.S. kitchen cheat sheet | August 25, 2026

1. LOWER TEMP	-25 F (about -15 C) from a conventional oven recipe.	2. CUT TIME	-20% is the standard starting point. Multiply oven minutes by 0.8.	3. CHECK EARLY	Air fryer size, food thickness and crowding can change results. Start checking before the converted time.
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TEMPERATURE + TIME MASTER CHART

Oven (F)	Oven (C)	Air Fryer (F)	Air Fryer (C)
250	120	225	105
275	135	250	120
300	150	275	135
325	165	300	150
350	175	325	160
375	190	350	175
400	200	375	190
425	220	400	205
450	230	425	220
475	245	450	230
500	260	475	245

Oven time	Air fryer time	Typical time saved
5 min	4 min	1 min
10 min	8 min	2 min
15 min	12 min	3 min
20 min	16 min	4 min
25 min	20 min	5 min
30 min	24 min	6 min
35 min	28 min	7 min
40 min	32 min	8 min
45 min	36 min	9 min
50 min	40 min	10 min
55 min	44 min	11 min
60 min	48 min	12 min
75 min	60 min	15 min
90 min	72 min	18 min

FAST EXAMPLE	Recipe says 400 F for 30 minutes in a conventional oven. Start around 375 F for 24 minutes. Begin checking a few minutes early, especially for thin or small foods.
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