

Vegetable	Temperature	Cook Time	Notes
Sweet potato cubes	390°F	15–18 minutes	Toss with oil, salt, and cinnamon or chili powder.

[Print this vegetable chart](#)

Frozen Foods Air Fryer Cook Times

Frozen snacks are one of the easiest ways to get comfortable with your air fryer. Most frozen foods do well at 400°F. Just shake the basket halfway through and cook until browned and crisp to your liking.

Download the Frozen Foods Cook Times PDF →

Frozen Food	Temperature	Cook Time	Notes
French fries	400°F	12–15 minutes	Shake every 5 minutes; cook until golden.
Waffle fries	400°F	14–15 minutes	Spread in a single layer for best crunch.
Sweet potato fries	400°F	14–15 minutes	Check early; they brown faster than regular fries.
Tater tots	400°F	15–18 minutes	Shake a couple of times for even crispng.
Onion rings	400°F	8–10 minutes	Flip or shake halfway through.
Mozzarella sticks	380°F	6–7 minutes	Cook until just melted inside; don't overcook.
Pizza rolls	400°F	5–6 minutes	Let cool slightly; filling will be very hot.

Frozen Food	Temperature	Cook Time	Notes
Chicken nuggets	400°F	10–12 minutes	Cook until crispy and hot in the center.
Chicken tenders (breaded)	400°F	10–12 minutes	Single layer for best crispiness.
Pre-cooked meatballs	400°F	12–13 minutes	Shake once; heat all the way through.
Corn dogs	400°F	7–8 minutes	Turn halfway through cooking.
Egg rolls (1.5–2")	400°F	11–12 minutes	Flip halfway; cook until deep golden and crisp.

[Print this frozen foods chart](#)

Air Fryer Cook Times FAQ

Do I need to preheat my air fryer?

Many newer air fryers preheat quickly, but a short 3–5 minute preheat helps your food start cooking immediately and gives you more accurate cook times. If your manual says preheating isn't necessary, you can follow those instructions, but for most models a quick preheat gives more consistent results.

Why Your Results May Differ From the Air Fryer Cook Times Chart

Every air fryer is a little different. Basket size, shape, wattage, and how full your basket is can all change cook times. Use these air fryer cook times as a starting point, then adjust by 1–2 minutes the next time you cook the same food.

Can I stack food in the air fryer?

For best results, keep food in a single layer with some space between the pieces. Light stacking items like fries or tots is usually fine as long as you shake the basket a few