

Oven to Air Fryer Conversion Chart

Rule of Thumb:

- Lower oven temp by **25°F (15°C)**
- Cut oven time by about **20%**

Oven Temp (°F)	Air Fryer Temp (°F)	Oven Time	Air Fryer Time
300°F	275°F	30 min	24 min
325°F	300°F	30 min	24 min
350°F	325°F	30 min	24 min
375°F	350°F	30 min	24 min
400°F	375°F	30 min	24 min
425°F	400°F	30 min	24 min
450°F	425°F	30 min	24 min

Quick Time Guide (Adjust from Oven Recipe):

- 10 minutes → **8 minutes**
- 20 minutes → **16 minutes**
- 30 minutes → **24 minutes**
- 40 minutes → **32 minutes**
- 50 minutes → **40 minutes**
- 60 minutes → **48 minutes**

Pro Tips:

- Always check halfway, since air fryers vary in power.
- For breaded foods, shave off an extra 2-3 minutes.
- For larger roasts, lower the temp but keep time closer to oven.