Oven to air fryer conversion chart

Printable chart from KitchenProds. The same numbers as https://kitchenprods.com/tools/air-fryer-conversion-calculator/

Last checked November 15, 2026. Source: Cuisinart, The Air Fryer Conversion Chart; COSORI, Oven to Air Fryer: Mastering Reheating & Cooking Fro

Starting point by food

A starting point, not a guarantee: check doneness. Meat is done at the USDA temperature on a food thermometer, not by the clock.

Food	Lower temp by	Time at	Source
Baked goods, casseroles, roasted vegetables	25 °F	80 %	Cuisinart
Meat, poultry, fish, eggs	25 °F	80 %	Cuisinart
Frozen foods and reheating	15-25 °F	50-80 %	COSORI

Oven temperature to air fryer temperature

Lower the oven temperature by 25 °F (Cuisinart).

Oven	Air fryer
300 °F (149 °C)	275 °F (135 °C)
325 °F (163 °C)	300 °F (149 °C)
350 °F (177 °C)	325 °F (163 °C)
375 °F (191 °C)	350 °F (177 °C)
400 °F (204 °C)	375 °F (191 °C)
425 °F (218 °C)	400 °F (204 °C)
450 °F (232 °C)	425 °F (218 °C)

Oven time to air fryer time

About 20 % less time (Cuisinart's air fryer conversion chart).

Oven time	Air fryer time
10 minutes	8 minutes
15 minutes	12 minutes
20 minutes	16 minutes
25 minutes	20 minutes
30 minutes	24 minutes
35 minutes	28 minutes
40 minutes	32 minutes
45 minutes	36 minutes
50 minutes	40 minutes
55 minutes	44 minutes
60 minutes	48 minutes