

# Instant Vortex Air Fryer Cheat Sheet

AirFryHub.com - quick model, preheat, and cooking-time reference

## Models

- Instant Vortex 4-Qt - 4 qt - 1500 W - best for Singles & couples
- Instant Vortex 6-Qt - 6 qt - 1700 W - best for Small-to-medium families
- Instant Vortex Plus Dual 8-Qt - 8 qt - 1800 W - best for Two foods at different temps  
- dual-zone
- Instant Vortex Plus 7-in-1 6-Qt - 6 qt - 1700 W - best for Versatile everyday cooking

## Preheat

Recommended: 3 min. Instant Vortex uses a built-in preheat phase; start the program early.

## Brand-tuned cooking times

- Chicken Breast (fresh): 375F, 10-12 min
- Chicken Wings (frozen): 400F, 22-28 min
- Salmon (fresh): 390F, 7-9 min

## Safety reminder

Always verify poultry, ground meat, seafood, and eggs with a food thermometer. Times vary by basket load, food thickness, and model wattage.