

Ninja Air Fryer Cheat Sheet

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

Models

- Foodi AF101 - 4 qt - 1550 W - best for Singles & couples
- Max AF160 - 5.5 qt - 1750 W - best for Small families
- Dual Zone AF300 - 8 qt - 1690 W - best for Two foods at once - dual-zone
- 4-in-1 Pro AF140 - 5 qt - 1550 W - best for Everyday cooking

Preheat

Recommended: 3 min. Ninja recommends a 3-minute preheat for most presets.

Brand-tuned cooking times

- Chicken Breast (fresh): 370F, 9-11 min
- Chicken Breast (frozen): 360F, 18-23 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.