

NuWave Brio Air Fryer Cheat Sheet

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

Models

- Brio 6-Qt - 6 qt - 1800 W - best for Precise temperature control - adjustable in 5F increments, 50-400F range
- Brio 15.5-Qt - 15.5 qt - 1800 W - best for Largest NuWave model; oven-style door with rotisserie

Preheat

Recommended: 3 min. NuWave Brio's precise 5F increment control means preheat temps are exact - 3 min is sufficient. The 15.5-Qt oven model benefits from 5 min preheat.

Brand-tuned cooking times

- Salmon (fresh): 400F, 8-12 min
- Steak (fresh): 390F, 10-15 min
- Chicken Breast (fresh): 375F, 14-18 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.