

Air Fryer Perfection: Savor Delicious and Nutritious Meals with "Air Fryer Recipes with Pictures and Nutritional Values"

AIR FRYER COOKING TIMES AND TEMPS

COOKING TIPS

- ✓ A range of numbers indicates different cooking times according to the size (e.g. 10oz salmon fillet or 1/2 lb 8oz ribs, whole steak cut 2ozoz regular thickness)
- ✓ Always cook at a single layer
- ✓ Preheat the air fryer before cooking food
- ✓ Shake or turn the food every 10-15 minutes

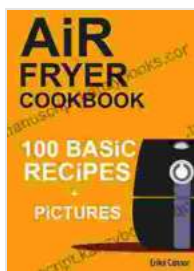
ITEM	TEMPERATURE	COOKING TIME
BALE	375°	9-11 min
BURGER (W/LETT)	350°	10 min
CHICKEN (DRUM)	375°	20 min
CHICKEN (WING)	400°	10-20 min
EGG (HARD BOILED)	275°	15 min
HOBBY BUNS	365°	5 min
STEAK (NY)	400°	7-10 min
SALMON (FILET)	400°	8-12 min
SHRIMP	400°	8 min
SOY BEAN (DRIED)	400°	10 min
SPINACH	400°	3 min
PEPPER (RED)	350°	10 min
BROCCOLI (FLORET)	300°	10 min
BROCCOLI (STEM)	350°	12 min
CARROT (CUBE)	375°	12 min
CARROT (GARBAGE)	375°	12 min
CHEESE (CUBE)	400°	15 min
WALNUT (WHOLE)	375°	10 min
LEMON (WHOLE)	365°	10 min
ONION (WHOLE)	400°	10 min
ONION (SLICE)	400°	10 min
PANCAKE	400°	3 min
POTATO	375°	15 min
POTATO (CUBE)	400°	15-20 min
POTATO (WHOLE)	400°	3 min
SHRIMP	375°	15 min
SOY BEAN (DRIED)	400°	15-20 min

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Discover the Ultimate Guide to Air Fryer Mastery

Embark on a culinary adventure with our comprehensive guide to air fryer cooking. "Air Fryer Recipes with Pictures and Nutritional Values" is the essential companion for health-conscious foodies and busy home cooks alike. This jam-packed book offers a delectable array of recipes, vibrant photographs, and detailed nutritional information to transform your air fryer into a culinary powerhouse.



Air Fryer Cookbook - 100+ Basic Recipes for Everyday: Air Fryer Recipes with Pictures and Nutritional Values.

by Erika Connor

★★★★☆ 4.1 out of 5

Language : English
File size : 33556 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 169 pages
Lending : Enabled



Effortless Cooking with Stunning Results

Whether you're a seasoned pro or a novice in the kitchen, our step-by-step instructions and vibrant photographs will guide you through every recipe with ease. From crispy chicken wings to tender salmon fillets, perfectly roasted vegetables to decadent desserts, each dish is meticulously crafted to deliver mouthwatering flavor in every bite.

Nourishing Your Body and Satisfying Your Cravings

More than just a cookbook, "Air Fryer Recipes with Pictures and Nutritional Values" is a nutritional guidebook. Each recipe is meticulously analyzed to provide you with detailed information on calories, fat, protein, and carbohydrates. This empowers you to make informed meal choices that support your health goals, without sacrificing flavor or satisfaction.

Elevate Your Culinary Skills

Take your air fryer cooking to the next level with our comprehensive techniques and expert tips. Learn the secrets of achieving perfectly crispy textures, juicy interiors, and vibrant colors. Our detailed instructions will inspire you to create culinary masterpieces that will impress family and friends alike.

Recipes for Every Occasion

Indulge in a diverse selection of recipes designed to suit every taste and occasion. From quick and easy weeknight dinners to festive party favorites, from healthy snacks to indulgent desserts, there's something for everyone in "Air Fryer Recipes with Pictures and Nutritional Values."

A Visual Feast for Your Taste Buds

With its stunning high-quality photographs, our cookbook transforms each recipe into a visual masterpiece. Experience the tantalizing textures, vibrant colors, and mouthwatering presentations that will inspire your culinary imagination and make you eager to try every dish.

Benefits of Air Fryer Cooking

Discover the countless reasons why air fryer cooking is the smart choice for health-conscious foodies. Learn about the benefits of reduced oil

consumption, faster cooking times, and the ability to create crispy and crunchy textures without the guilt.

Free Download Your Copy Today

Take a bold step towards healthy and delicious cooking. Free Download your copy of "Air Fryer Recipes with Pictures and Nutritional Values" today and unlock a world of culinary possibilities. Let this indispensable guide transform your air fryer into a versatile cooking tool that nourishes your body and satisfies your cravings.

Testimonials

"An absolute game-changer for my kitchen! The recipes are easy to follow, the photos are gorgeous, and the nutritional information is a lifesaver." - Sarah J.

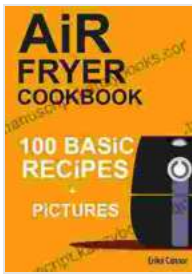
"I've tried numerous air fryer cookbooks, but this one truly stands out. The recipes are so varied and delicious, and the nutritional values make it so easy to manage my meal planning." - Michael W.

"I'm a busy mom, and the air fryer has become my secret weapon. This cookbook is my go-to guide for quick and healthy meals that the whole family loves." - Emily B.

Guarantee

We're confident that you'll love "Air Fryer Recipes with Pictures and Nutritional Values." If for any reason you're not completely satisfied, simply return the book within 30 days for a full refund.

Free Download Now and Elevate Your Culinary Journey Today!

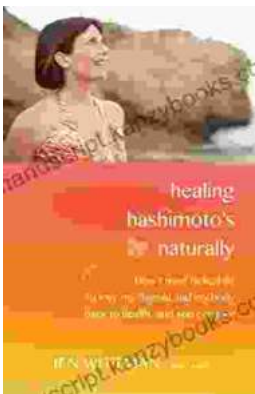


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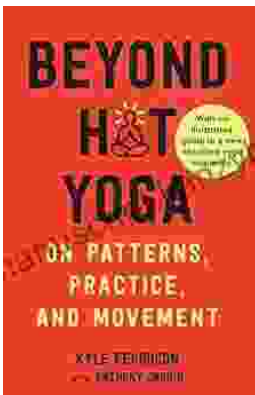
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