







# GUIDE

The following guide indicates the amount of weight, time and temperature for the various food types that are listed below.

Food Type	Shake	Time (min)	Temp (°F)	Minutes Max	Additional
				Food Amount (oz)	
<b>Breakfast</b>					
Frozen French Toast	/	12-16	390	25	Spray w/ Cooking Oil
Hard Boiled Eggs		12-20	390	25	Cool in water
Frozen Hash Brown Patties	/	18-30	360	28	Spray w/ Cooking Oil
Cinnamon Rolls		18-22	360	28	Place in Muffin Cups
<b>Potatoes and Fries</b>					
 Thin Frozen Fries	Shake	12-16	390	25	/
Thick Frozen Fries	Shake	12-20	390	25	/
 Homemade Fries	Shake	18-30	360	28	½ tbs of Oil
Homemade Potato Wedges	Shake	18-22	360	28	½ tbs of Oil
Homemade Potato Cubes	Shake	12-18	360	26	½ tbs of Oil
<b>Meat and Poultry</b>				<b>min-max</b>	
 Steak	/	8-14	360	4-18	/
Pork Chops	/	10-14	360	4-18	/
Hamburger	/	7-14	360	4-18	/
Italian Sausage	/	13-15	375	4-18	/
 Drumsticks	/	15-22	360	4-18	/
Chicken Breast	/	10-15	360	4-18	/
<b>Frozen Snacks</b>					
Spring Rolls	Shake	8-10	390	14	
 Chicken Nuggets	Shake	6-10	390	18	
 Fish Sticks	/	6-10	390	14	
Stuffed Poppers	/	8-10	360	14	
Onion Rings	/	8-10	360	14	/
Breaded Mushrooms Mozz. Sticks/Zucchini	/	10	360	14	/

**Note:** Many ingredients can vary greatly in size and shape, which will affect cooking times so we cannot guarantee that these settings will work best for your ingredients. Adjust the settings as necessary to suit your needs. The NuWave Brio Digital Air Fryer is able to heat extremely quickly, therefore briefly removing the frying pan while the appliance is in operation has a minimal effect on the cooking process.