

Instant™

COOKING TIME TABLE

OMNI™ AND OMNI™ PLUS TOASTER OVENS



Food	Smart Program	Cooking Temperature	Cooking Time	Accessory	Rack Position and Notes
Asparagus	Air Fry	400°F / 205°C	4 mins	Cooking pan	Middle position, turn partway
Beef steak	Air Fry	400°F / 205°C	13 to 15 mins	Cooking pan	Middle position, turn partway
Beef jerky	Dehydrate	135°F / 57°C	4 to 5 hours	Air frying basket on oven rack	Middle or top position, set it and forget it
Cake	Bake	355°F / 179°C	30 mins	Pour batter into an oven-safe baking dish, leave uncovered, and place on oven rack	Lowest position, set it and forget it
Cauliflower florets	Air Fry	350°F / 177°C	2 to 5 mins	Cooking pan	Middle position, turn partway
Corn, on the cob	Roast	450°F / 232°C	7 mins	Cooking pan / air frying basket on oven rack	Middle position, turn partway
Chicken, rotisserie-style	Roast	380°F / 193°C	45 mins	Rotisserie spit	Set it and forget it
Chicken, quarter	Roast	400°F / 205°C	18 mins	Cooking pan	Middle position, turn partway
Chicken nuggets, frozen	Broil	400°F / 205°C	10 mins	Cooking pan	Middle position, turn partway
Chicken wings, fresh	Air Fry	400°F / 205°C	10 to 12 mins	Cooking pan / air frying basket on oven rack	Middle position, turn partway
Chicken wings, frozen	Air Fry	400°F / 205°C	12 mins	Cooking pan / air frying basket on oven rack	Middle position, turn partway
Cupcake	Bake	365°F / 187°C	13 to 14 mins	Pour batter into an oven-safe baking dish, leave uncovered, and place on oven rack	Lowest position, set it and forget it
Falafel, frozen	Air Fry	400°F / 205°C	7 to 10 mins	Cooking pan	Middle position, turn partway

Instant™

COOKING TIME TABLE

OMNI™ AND OMNI™ PLUS TOASTER OVENS



Food	Smart Program	Cooking Temperature	Cooking Time	Accessory	Rack Position and Notes
Fish sticks, frozen	Broil	400°F / 205°C	10 to 12 mins	Air frying basket on oven rack	Middle position, turn partway
Fries, fresh	Air Fry	400°F / 205°C	22 to 25 mins	Air frying basket on oven rack	Middle position, shake partway
Fries, frozen	Air Fry	400°F / 205°C	12 to 15 mins	Air frying basket on oven rack	Middle position, shake partway
Fruit leather	Dehydrate	135°F to 150°F / 57°C to 66°C	6 to 8 hours	Cooking pan / air frying basket on oven rack	Middle or top position, turn partway
Muffin	Bake	350°F / 177°C	15 mins	Pour batter into an oven-safe baking dish, leave uncovered, and place on oven rack	Lowest position, set it and forget it
Nachos	Broil	400°F / 205°C	4 mins	Cooking pan	Middle position
Pizza, frozen	Air Fry	400°F / 205°C	6 to 7 mins	Cooking pan / oven rack	Lowest position, set it and forget it
Salmon, fresh	Broil	400°F / 205°C	8 to 10 mins	Cooking pan	Middle or top position, set it and forget it
Shrimp, fresh	Air Fry	400°F / 205°C	3 to 5 mins	Cooking pan / air frying basket on oven rack	Middle position, turn partway
Shrimp, frozen	Air Fry	380°F / 193°C	4 to 6 mins	Cooking pan / air frying basket on oven rack	Middle position, turn partway
Spanakopita	Bake	320°F / 160°C	10 mins	Cooking pan	Middle position, turn partway
White fish fillet	Broil	400°F / 205°C	3 to 4 mins	Cooking pan	Middle or top position, set it and forget it

Cooking times are a recommendation only. Always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature. Refer to the USDA's [Safe Minimum Internal Temperature Chart](#) for more information.