

	Temperature (°F)	Time (min)		Temperature (°F)	Time (min)
Vegetables					
Asparagus (sliced 1-inch)	400°F	5	Onions (pearl)	400°F	10
Beets (whole)	400°F	40	Parsnips (½-inch chunks)	380°F	15
Broccoli (florets)	400°F	6	Peppers (1-inch chunks)	400°F	15
Brussels Sprouts (halved)	380°F	15	Potatoes (small baby, 1.5 lbs)	400°F	15
Carrots (sliced ½-inch)	380°F	15	Potatoes (1-inch chunks)	400°F	12
Cauliflower (florets)	400°F	12	Potatoes (baked whole)	400°F	40
Corn on the cob	390°F	6	Squash (½-inch chunks)	400°F	12
Eggplant (1½-inch cubes)	400°F	15	Sweet Potato (baked)	380°F	30 to 35
Fennel (quartered)	370°F	15	Tomatoes (cherry)	400°F	4
Green Beans	400°F	5	Tomatoes (halves)	350°F	10
Kale leaves	250°F	12	Zucchini (½-inch sticks)	400°F	12
Mushrooms (sliced ¼-inch)	400°F	5			

Chicken

Breasts, bone in (1.25 lbs.)	370°F	25	Legs, bone in (1.75 lbs.)	380°F	30
Breasts, boneless (4 oz.)	380°F	12	Wings (2 lbs.)	400°F	12
Drumsticks (2.5 lbs.)	370°F	20	Game Hen (halved - 2 lbs.)	390°F	20
Thighs, bone in (2 lbs.)	380°F	22	Whole Chicken (6.5 lbs.)	360°F	75
Thighs, boneless (1.5 lbs.)	380°F	18 to 20	Tenders	360°F	8 to 10

Beef

Burger (4 oz.)	370°F	16 to 20	Meatballs (3-inch)	380°F	10
Filet Mignon (8 oz.)	400°F	18	Ribeye, bone in (1-inch, 8 oz.)	400°F	10 to 15
Flank Steak (1.5 lbs.)	400°F	12	Sirloin steaks (1-inch, 12 oz.)	400°F	9 to 14
London Broil (2 lbs.)	400°F	20 to 28	Beef Eye Round Roast (4 lbs.)	390°F	45 to 55
Meatballs (1-inch)	380°F	7			

Pork and Lamb

Loin (2 lbs.)	360°F	55	Bacon (thick cut)	400°F	6 to 10
Pork Chops, bone in (1-inch, 6.5 oz.)	400°F	12	Sausages	380°F	15
Tenderloin (1 lb.)	370°F	15	Lamb Loin Chops (1-inch thick)	400°F	8 to 12
Bacon (regular)	400°F	5 to 7	Rack of lamb (1.5 - 2 lbs.)	380°F	22

Fish and Seafood

Calamari (8 oz.)	400°F	4	Tuna steak	400°F	7 to 10
Fish Fillet (1-inch, 8 oz.)	400°F	10	Scallops	400°F	5 to 7
Salmon, fillet (6 oz.)	380°F	12	Shrimp	400°F	5
Swordfish steak	400°F	10			

Frozen Foods

Onion Rings (12 oz.)	400°F	8	Fish Sticks (10 oz.)	400°F	10
Thin French Fries (20 oz.)	400°F	14	Fish Fillets (½-inch, 10 oz.)	400°F	14
Thick French Fries (17 oz.)	400°F	18	Chicken Nuggets (12 oz.)	400°F	10
Mozzarella Sticks (11 oz.)	400°F	8	Breaded Shrimp	400°F	9
Pot Stickers (10 oz.)	400°F	8			