

6 foods you should not put in an air fryer

The oil-free fryer with the utility of cooking many dishes without using a lot of fat, saving time . has become a familiar item in the kitchen of many families. However, not all foods are suitable for use in an air fryer.

Here are some foods that shouldn't be cooked in an air fryer.

1. Green vegetables

Green vegetables are at the top of the list of foods that should not be cooked in an air fryer. The air fryer cooks food with hot air convection, so it will not be able to evenly cook soft green vegetables such as spinach, spinach, etc., which can cause the green vegetables to be dry, burnt and inedible. .



However, with vegetables with higher hardness such as cauliflower, pumpkin, carrots, etc. frozen vegetables, they can be processed in an air fryer. You just need to spray a small amount of oil on the surface of the vegetables to keep them moist.

2. Bacon

Bacon has a lot of fat. When cooking in an oil-free fryer, the fat will boil and shoot at high speed, causing the risk of hot grease for the user and the difficulty of cleaning the pot.

3. Raw Grains

Dry cereal needs to be cooked with water, so it can be difficult to cook in an air fryer.

4. Cheese and cheese-rich foods

Cheese easily melts at high temperatures to form a sticky mixture that will stick all over the pot, making it difficult to clean and wash the pot. If you want to cook cheese in an air fryer, place it in a heatproof bowl, plate, or tray before cooking.

5. Whole chicken



To cook whole chickens, heat should be provided in the same areas. With the type of air fryer that is not large enough, this is impossible. Near the heating element, the meat will cook faster and vice versa, causing the meat to cook unevenly. Therefore, you should divide the chicken into several pieces so that the dish is cooked evenly, more fragrant and saves time.

6. Butter Popcorn

Popcorn can only explode at a temperature of 200 - 237 degrees Celsius. Meanwhile, the temperature of an air fryer is from 176 to 200 degrees Celsius, not hot enough to pop popcorn.

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