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## **Poultry Roasting Chart**

## Minimum internal temperature = 165°F (74°C) Check the internal temperature in the innermost part of the thigh, innermost part of the wing, and thickest part of the breast. Oven °F/°C Timing Туре Chicken, whole 350°F (177°C) 1 ¼ to 1 ½ hours 3 to 4 lbs 2 to 2 ¼ hours 5 to 7 lbs. Chicken, breast halves, bone-350°F (177°C) 30 to 40 minutes in 6 to 8 oz. Chicken, breast halves, 350°F (177°C) 20 to 30 minutes boneless 4 oz. Capon, whole 350°F (177°C) 2 to 3 hours 4 to 8 lbs. 50 to 60 minutes Cornish hen, whole 350°F (177°C) 18 to 24 oz. 30 to 35 min/lb Duck, whole (do not stuff) 350°F (177°C) 4 to 6 lbs. Duck, legs or thighs 325°F (163°C) $1\frac{1}{4}$ to $1\frac{1}{2}$ hours Young goose, whole 325°F (163°C) $2\frac{1}{2}$ to 3 hours 8 to 12 lbs. Young goose, pieces or cut 325°F (163°C) 2 hours up

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