

Poultry Roasting Chart

| Type | Oven °F/°C | Timing |
|---|---------------|------------------------------------|
| 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. | | |
| Chicken, whole 3 to 4 lbs 5 to 7 lbs. | 350°F (177°C) | 1 ¼ to 1 ½ hours 2 to 2 ¼ hours |
| Chicken, breast halves, bone-in 6 to 8 oz. | 350°F (177°C) | 30 to 40 minutes |
| Chicken, breast halves, boneless 4 oz. | 350°F (177°C) | 20 to 30 minutes |
| Capon, whole 4 to 8 lbs. | 350°F (177°C) | 2 to 3 hours |
| Cornish hen, whole 18 to 24 oz. | 350°F (177°C) | 50 to 60 minutes |
| Duck, whole (do not stuff) 4 to 6 lbs. | 350°F (177°C) | 30 to 35 min/lb |
| Duck, legs or thighs | 325°F (163°C) | 1 ¼ to 1 ½ hours |
| Young goose, whole 8 to 12 lbs. | 325°F (163°C) | 2 ½ to 3 hours |
| Young goose, pieces or cut up | 325°F (163°C) | 2 hours |

Date Last Reviewed September 21, 2023