

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.		
Type	Oven °F/°C	Timing
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