



Chicken Cooking Times



Proper cooking times are not just about safety. In fact, most Canadians overcook their chicken, which can leave it dry. Use the following chart to make sure that your chicken is cooked to perfection.

Roasting

Cut	Internal Temperature	Average Cooking Time *
Boneless, skinless breast Small piece (140 g raw) Large piece (200 g raw)	165°F (74°C)	35 minutes 45 minutes
Boneless, skinless thigh Small piece (60 g raw) Large piece (115 g raw)	165°F (74°C)	20 minutes 30 minutes
Bone-in, skinless thigh/drumstick Small piece (80 g raw) Large piece (130 g raw)	165°F (74°C)	35 minutes 45 minutes
Bone-in breast Small piece (170 g raw) Large piece (250 g raw)	165°F (74°C)	40 minutes 50 minutes
Bone-in legs Small piece (200 g raw) Large piece (300 g raw)	165°F (74°C)	40 minutes 55 minutes
Ground chicken patties (120 g raw)	165°F (74°C)	30 minutes
Whole chicken - stuffed (1.5 kg raw)	180°F (82°C)	2 hours 10 minutes
Whole chicken - unstuffed (1.5 kg raw)	180°F (82°C)	1 hour 40 minutes
Wings (90 g raw)	165°F (74°C)	25 minutes

* Maximum time oven roasting uncovered, in a 350°F oven

Skillet

Cut	Internal Temperature	Average Cooking Time *
Boneless, skinless breast Small piece (140 g raw) Large piece (200 g raw)	165°F (74°C)	8 minutes per side 11 minutes per side
Boneless, skinless thigh Small piece (60 g raw) Large piece (115 g raw)	165°F (74°C)	5 minutes per side 7 minutes per side
Bone-in, skinless thigh/drumstick Small piece (80 g raw) Large piece (130 g raw)	165°F (74°C)	8 minutes per side 11 minutes per side
Bone-in breast Small piece (170 g raw) Large piece (250 g raw)	165°F (74°C)	11 minutes per side 15 minutes per side
Bone-in legs Small piece (200 g raw) Large piece (300 g raw)	165°F (74°C)	13 minutes per side 16 minutes per side
Ground chicken patties (120 g raw)	165°F (74°C)	8 minutes per side
Wings (90 g raw)	165°F (74°C)	8 minutes per side

* Maximum time medium high heat in a pre-heated skillet

Grilling

Cut	Internal Temperature	Average Cooking Time *
Boneless, skinless breast Small piece (140 g raw) Large piece (200 g raw)	165°F (74°C)	9 minutes per side 12 minutes per side
Boneless, skinless thigh Small piece (60 g raw) Large piece (115 g raw)	165°F (74°C)	5 minutes per side 8 minutes per side
Bone-in, skinless thigh/drumstick Small piece (80 g raw) Large piece (130 g raw)	165°F (74°C)	7 minutes per side 10 minutes per side
Bone-in breast Small piece (170 g raw) Large piece (250 g raw)	165°F (74°C)	14 minutes per side 17 minutes per side
Bone-in legs Small piece (200 g raw) Large piece (300 g raw)	165°F (74°C)	15 minutes per side 18 minutes per side
Ground chicken patties (120 g raw)	165°F (74°C)	6 minutes per side
Whole chicken - unstuffed (1.5 kg raw)	180°F (82°C)	1 hour 25 minutes
Wings (90 g raw)	165°F (74°C)	8 minutes per side

* Maximum time medium heat with the lid down

Breaded Chicken

Cut	Internal Temperature	Average Cooking Time *
5 nuggets (80 g raw)	165°F (74°C)	20 minutes
2 tenders (51 g raw)	165°F (74°C)	20 minutes
1 breaded chicken burger (85 g raw)	165°F (74°C)	25 minutes
1 stuffed breaded chicken breast (142 g raw)	165°F (74°C)	35 minutes
1 piece fried chicken (200 g raw)	165°F (74°C)	25 minutes

* Times are based on frozen, uncooked chicken

All chicken pieces should be cooked to an internal temperature of 165°F (74°C)
All whole chickens should be cooked to an internal temperature of 180°F (82°C)

Visit Chicken.ca

For more cooking tips and hundreds of delicious chicken recipes.