

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

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

## Grilling

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

\* Maximum time medium heat with the lid down

## Skillet

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

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

## Breaded Chicken

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