Chicken cooking temperature chart

temperature chart		Internal temperature
	Ground chicken	
53	Whole chicken	
	Poultry breasts and roasts (e.g. wings)	74°C
	Casseroles, all stuffing and reheated leftovers	
53	Fully-cooked poultry	74°C or safe to eat cold if properly cooled and stored
	Dark meat (e.g. thigh and legs)	79°C

Alternative cooking temperature chart for chicken

		Time to achieve bacterial death (in lean white meat)
	72.2	9.6 seconds
	71.7	12.1 seconds
	71.1	15.3 seconds
	70	24.5 seconds
	70.6	19.4 seconds
	69.4	31 seconds
	68.9	39.2 seconds
	68.3	49.5 seconds
	67.8	1 minute
	67.2	1.3 minutes
	66.7	1.7 minutes
	66.1	2.2 minutes
	65	3.9 minutes
	65.6	3 minutes
	64.4	5 minutes
	63.9	6.3 minutes
	63.3	7.9 minutes
	62.8	9.8 minutes
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