Chicken cooking temperature chart

temperature chart		Internal temperature
	Ground chicken	
53 (2)	Whole chicken	
	Poultry breasts and roasts (e.g. wings)	165°F
177	Casseroles, all stuffing and reheated leftovers	
53	Fully-cooked poultry	165°F or safe to eat cold if properly cooled and stored
	Dark meat (e.g. thigh and legs)	175°F

Alternative cooking temperature chart for chicken

		Time to achieve bacterial death (in lean white meat)
	162	9.6 seconds
	161	12.1 seconds
	160	15.3 seconds
	159	19.4 seconds
	158	24.5 seconds
	157	31 seconds
	156	39.2 seconds
	155	49.5 seconds
	154	1 minute
	153	1.3 minutes
	152	1.7 minutes
	151	2.2 minutes
	150	3 minutes
	149	3.9 minutes
	148	5 minutes
	147	6.3 minutes
	146	7.9 minutes
	145	9.8 minutes
Temperature (°F)		