HOORVIA ? MEAT ROASTING TIME & TEMPERATURE CHART: PRINTABLE PER-POUND CO

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #084

Meat Cut & Typical Weight	Oven Temp (°F)	Est. Time (Mins / Lb)	Pull Temp (°F)	Final Safe / Target Temp & Rest
Beef Standing Rib Roast (4?6 lbs, Bone-In)	325°F	20?23 mins/lb	128°F	135°F (Med-Rare) ? Rest 20 mins
Beef Tenderloin Roast (2?3 lbs, Whole)	425°F	12?15 mins/lb	128°F	135°F (Med-Rare) ? Rest 15 mins
Beef Chuck Roast (3?4 lbs, Braised/Covered)	300°F	45?55 mins/lb	200°F	203°F (Fork-Tender) ? Rest 15 mins
Pork Tenderloin (1?1.5 lbs, Unstuffed)	400°F	18?22 mins/lb (Total)	140°F	145°F (USDA Safe) ? Rest 5 mins
Pork Loin Roast (3?5 lbs, Boneless)	350°F	20?25 mins/lb	140°F	145°F (Juicy Pink) ? Rest 10 mins
Pork Shoulder / Boston Butt (5?8 lbs)	275°F	45?60 mins/lb	198°F	203°F (Shreddable) ? Rest 30 mins
Cured Ham (5?7 lbs, Fully Cooked, Bone-In)	325°F	15?18 mins/lb	135°F	140°F (Reheated) ? Rest 15 mins
Whole Roasting Chicken (4?5 lbs, Unstuffed)	375°F	18?20 mins/lb	160°F	165°F (Breast / 175°F Thigh) ? Rest 15 mins
Bone-In Chicken Breasts (8?10 oz each)	375°F	30?35 mins (Total)	160°F	165°F (USDA Safe) ? Rest 5 mins
Bone-In Chicken Thighs / Drumsticks	400°F	35?42 mins (Total)	175°F	180°F (Crisp & Tender) ? Rest 5 mins
Leg of Lamb (5?7 lbs, Bone-In)	325°F	20?24 mins/lb	130°F	135°F (Med-Rare) ? Rest 20 mins
Rack of Lamb (1.5?2 lbs, Frenched)	425°F	14?16 mins/lb	128°F	135°F (Med-Rare) ? Rest 10 mins

PRO TIP: Time Is an Estimate, Temp Is Exact: Oven thermostats vary by up to 25°F; always start checking internal temperature 20 minutes before the minimum estimated time expires.