

Time/Temperature Cooking Chart for Roast Beef, Roast Pork, and Ham

Temperature°F	Time ¹ in Minutes	Temperature°F	Time ¹ in Seconds
130°F	112	147°F	134
131°F	89	149°F	85
133°F	56	151°F	54
135°F	36	153°F	34
136°F	28	155°F	22
138°F	18	157°F	14
140°F	12	158°F	0
142°F	8		
144°F	5		
145°F	4		

¹Holding time may include postoven heat rise.



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