

SMOKE POINTS OF OILS (Rough Guideline)

**Note: Smoke point ranges can vary wildly based on many different factors.
Use the following temps only as a starting point.**

SORTED BY TEMP	SORTED BY NAME
200 's	Almond Oil*** 430 F
225 F: Canola Oil, Unrefined	Avocado Oil: Refined 520 F
: Flaxseed Oil, Unrefined	Butter (Good Eats) 350 F
: Safflower Oil, Unrefined	Canola Oil: Unrefined 225 F
: Sunflower Oil, Unrefined	Semi-Refined 350 F
	Refined 400 F
	(Good Eats) 435 F
300 's	Coconut Oil† 350 F
320 F: Corn Oil, Unrefined	Corn Oil: Unrefined 320 F
: High-Oleic Sunflower Oil, Unrefined	(Good Eats) 410 F
: Olive Oil, Unrefined	Refined 450 F
: Peanut Oil, Unrefined	Cottonseed Oil† 420 F
: Safflower Oil, Semi-Refined	Flaxseed Oil, Unrefined 225 F
: Soy Oil, Unrefined	Hazelnut Oil*** 430 F
: Walnut Oil, Unrefined	Hemp Seed Oil¥¥ 330 F
325 F: Shortening, Emulsified Vegetable†	Grapeseed Oil¥ 420 F
330 F: Hemp Seed Oil¥¥	Grapeseed Oil** 485 F
350 F: Butter (Good Eats)	Lard 361-401 F
: Canola Oil, Semi-Refined	Macadamia Nut Oil†† 389 F
: Coconut Oil†	Olive Oil: Unrefined 320 F
: Sesame Oil, Unrefined	(Good Eats) 375 F
: Soy Oil, Semi-Refined	Extra Virgin* 406 F
356-370 F: Vegetable Shortening	Virgin** 420 F
361-401 F: Lard	Olive Oil* 438 F
375 F: Olive Oil (Good Eats)	Pomace Oil** 460 F
389 F: Macadamia Nut Oil††	Extra Light* 468 F
	Peanut Oil: Unrefined 320 F
	Peanut Oil† 440 F
	Peanut Oil, Refined (Good Eats) 450 F
400 's	Rapeseed Oil*** 438 F
400 F: Canola Oil, Refined	Safflower Oil: Unrefined 225 F
: Walnut Oil, Semi-Refined	Semi-Refined 320 F
406 F: Olive Oil, Extra Virgin*	Refined (Good Eats) 450 F
410 F: Corn Oil (Good Eats)	Safflower Oil† 510 F
: Sesame Oil**	Sesame Oil : Unrefined 350 F
420 F: Cottonseed Oil†	Sesame Oil**: 410 F
: Grapeseed Oil¥	Semi-Refined 450 F
: Olive Oil, Virgin**	Shortening, Emulsified Vegetable† 325 F
430 F: Almond Oil***	Shortening, Vegetable 356-370 F
: Hazelnut Oil***	Soy Oil: Unrefined 320 F
435 F: Canola Oil (Good Eats)	Semi-Refined 350 F
438 F: Olive Oil*	Refined 450 F
: Rapeseed Oil***	Soy Oil† 495 F
440 F: Peanut Oil†	Sunflower Oil†: 440 F
: Sunflower Oil†	Unrefined 225 F
450 F: Corn Oil, Refined	Semi-Refined 450 F
: High-Oleic Sunflower Oil, Refined	Walnut Oil, Unrefined 320 F
: Peanut Oil, Refined	

(Good Eats)	Semi-Refined	400 F
: Safflower Oil, Ref.	High-Oleic Sunflower Oil,	
(Good Eats)	Unrefined	320 F
: Sesame Oil, Semi-Refined	Refined	450 F
: Soy Oil, Refined		
: Sunflower Oil, Semi-Refined		
460 F: Olive Pomace Oil**		
468 F: Olive Oil, Extra Light*		
485 F: Grapeseed Oil**		
495 F: Soy Bean Oil†		
500's		
510 F: Safflower Oil†		
520 F: Avocado Oil, Refined		