



## Cooking Oil Smoke Point Chart

OIL	Type of Oil	Smoking Point
Butter		350 F/177 C
Canola Oil*	Expeller Press	464 F/240 C
Canola Oil*	Refined	470 F/240 C
Coconut Oil	Unrefined	350 F/177 C
Coconut Oil**	Refined	450 F/232 C
Corn Oil	Unrefined	320 F/160 C
Corn Oil*	Refined	450 F/232 C
Cottonseed Oil*		420 F/216 C
Flaxseed Oil	Unrefined	225 F/107 C
Ghee (Clarified Butter)*	Clarified to refine	485 F/252 C
Hempseed Oil		330 F/165 C
Olive Oil	Extra Virgin	375 F/191 C
Olive Oil*	Virgin	420 F/216 C
Palm Oil*		455 F/235 C
Peanut Oil	Unrefined	320 F/160 C
Peanut Oil*	Refined	450 F/232 C
Safflower Oil	Unrefined	225 F/107 C
Safflower Oil*	Refined	510 F/266 C
Sesame Oil	Unrefined	350 F/177 C
Soybean Oil	Unrefined	320 F/160 C
Soybean Oil*	Refined	450 F/232 C
Sunflower Oil	Unrefined	225 F/107 C
Sunflower Oil, high oleic	Unrefined	320 F/160 C
Sunflower Oil*	Refined	450 F/232 C

\*Smoke point high enough to be used for frying

\*\*Best For Frying -high smoke point and saturated fatty acids making them less prone to oxidation