



Complete Guide to Cooking Oils & Smoke Points

Oils & Fats	Fahrenheit	Celsius	Neutral Flavor?
Avocado Oil	520°F	271°C	Yes
Rice Bran Oil	490°F	260°C	Yes
Mustard Oil	490°F	260°C	No
Grapeseed Oil	485°F	251°C	Yes
Olive Oil (Extra Light)	465°F	240°C	Yes
Safflower Oil	450°F	232°C	Yes
Peanut Oil	450°F	232°C	Yes
Soybean Oil	450°F	232°C	Yes
Corn Oil	450°F	232°C	Yes
Ghee, Clarified Butter	450°F	232°C	No
Sunflower Oil, Refined	450°F	232°C	Yes
Palm & Palm Kernel Oil	450°F	232°C	Yes
Hazelnut Oil	430°F	220°C	No
Olive Oil, Refined	428°F	220°C	No
Almond Oil, Refined	420°F	215°C	No
Cottonseed Oil	420°F	216°C	Yes
Sesame Oil, Refined	410°F	210°C	No
Macadamia Oil	410°F	210°C	Yes
Canola Oil	400°F	205°C	Yes
Walnut Oil	400°F	205°C	No
Beef Tallow	400°F	205°C	No
Olive Oil (Virgin)	320°F	160°C	No
Chicken Fat (Schmaltz)	375°F	190°C	No
Duck Fat	375°F	190°C	No
Lard	370°F	195°C	No
Vegetable Shortening (Crisco)	360°F	180°C	Yes
Butter, Salted	350°F	176°C	No
Butter, Unsalted	350°F	176°F	No
Coconut Oil	350°F	176°C	No
Sesame Oil (Unrefined)	350°F	175°C	No
Olive Oil, Extra Virgin	331°F	166°C	No
Hemp Oil	330°F	165°C	No
Margarine, Soft	320°F	160°C	No
Margarine, Hard	300°F	150°C	No
Flaxseed Oil	225°F	107°C	No