

Smoke Point of Common Cooking Fats

Fats or Oils	Type of Fat	Smoke Point °F	Smoke Point °C
Almond Oil	Monounsaturated	420°F	216°C
Avocado Oil (Refined)	Monounsaturated	520°F	271°C
Butter	Saturated	350°F	177°C
Butter (Ghee), clarified	Saturated	375-485°F	190-250°C
Canola Oil (Rapeseed oil)	Monounsaturated	400°F	204°C
Coconut Oil	Saturated	350°F	177°C
Corn Oil	Polyunsaturated	450°F	232°C
Cottonseed Oil	Polyunsaturated	420°F	216°C
Grapeseed Oil	Polyunsaturated	420°F	216°C
Lard	Saturated	370°F	182 °C
Olive Oil	Monounsaturated	Extra Virgin - 320°F Virgin - 420°F Pomace – 460°F Extra Light - 468°F	160°C 216°C 238°C 242°C
Palm Oil	Saturated	446°F	230°C
Peanut Oil	Monounsaturated	450°F	232°C
Safflower Oil	Polyunsaturated	500°F	232°C
Sesame Oil	Polyunsaturated	410°F	232°C
Shortening, Vegetable	Saturated	360°F	182 °C
Soybean Oil	Polyunsaturated	450°F	232°C
Sunflower Oil	Polyunsaturated	450°F	232°C
Vegetable Oil	Polyunsaturated	Blended oil. Designed to have a high smoke point.	
Walnut Oil	Monounsaturated	400°F	204°C

Cooking Method
Baking: 200-450°F
Roasting / Sauteeing : 300-350°F
Deep-Frying / Stir Frying: 350-375°F
Grilling: 250-550°F

https://www.nestleprofessional.com/united-states/en/Documents/NUTRIPRO/2808_nutripro_2_cooking_meth.pdf

<http://whatscookingamerica.net/Information/CookingOilTypes.htm>

<http://www.goodeatsfanpage.com/collectedinfo/oilsmokepoints.htm>

<http://www.seriousseats.com/2014/05/cooking-fats-101-whats-a-smoke-point-and-why-does-it-matter.html>

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