

# Oil Smoke Point Chart

<u>Oil or Fat</u>	<u>Smoke Point °F</u>	<u>Smoke Point °C</u>
Beef Tallow	400°F	204°C
Butter	302°F	150°C
Canola Oil	400°F	204°C
Chicken Fat or Schmaltz	375°F	190°C
Corn Oil	450°F	232°C
Duck Fat	375°F	190°C
Extra Virgin Olive Oil	325-375°F	163-190°C
Extra Virgin or Unrefined Coconut Oil	350°F	177°C
Ghee or Clarified Butter	450°F	232°C
Grapeseed Oil	390°F	199°C
Peanut Oil	450°F	232°C
Pork Fat or Lard	370°F	188°C
Refined Avocado Oil	520°F	271°C
Refined Coconut Oil	450°F	232°C
Refined or Light Olive Oil	465°F	240°C
Refined Sesame Oil	410°F	210°C
Rice Bran Oil	450°F	254°C
Safflower Oil	510°F	266°C
Soybean Oil	450°F	232°C
Sunflower Oil	450°F	232°C
Unrefined or Virgin Avocado Oil	375°F	190°C
Unrefined Sesame Oil	350°F	177°C
Vegetable Oil	400-450°F	204-232°C
Vegetable Shortening	360°F	182°C