

# Oil Smoke Point Chart

The smoke point correlates with the amount of free fatty acid in an oil. It varies widely depending on origin and refinement. The smoke point of an oil does tend to increase as free fatty acid content decreases and degree of refinement increases. Heating the oil produces free fatty acid and as heating time increases, more free fatty acids are produced, thereby decreasing smoke point. It is one reason not to use the same oil to deep fry more than twice. Free fatty acids equals oxidation. Oxidation is like eating rusted nails.

Note: Smoke point information was originally published on Wikipedia.

Fat	Quality	Smoke Point	
Almond oil		216°C	420°F
Avocado oil		270°C	520°F
Butter		150°C	302°F
Canola oil (Rapeseed)	Expeller Press	190-232°C	375-450°F
Canola oil (Rapeseed)	High Oleic	246°C	475°F
Canola oil (Rapeseed)	Refined	204°C	400°F
Canola oil (Rapeseed)	Unrefined	107°C	225°F
Castor oil	Refined	200°C	392°F
Coconut oil	Dry Expeller Pressed Virgin (Unrefined)	177°C	350°F
Coconut oil	Dry Refined	204°C	400°F
Corn oil	Unrefined	178°C	352°F
Corn oil	Refined	232°C	450°F
Cottonseed oil		216°C	420°F

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Fat	Quality	Smoke Point	
Flaxseed oil	Unrefined	107°C	225°F
Ghee (Indian Clarified Butter)		252°C	485°F
Grapeseed oil		216°C	420°F
Hazelnut oil		221°C	430°F
Hemp oil		165°C	330°F
Lard		190°C	374°F
Macadamia oil		210°C	413°F
Mustard oil		254°C	489°F
Olive oil	Extra virgin	160°C	320°F
Olive oil	Virgin	199°C	391°F
Olive oil, high quality (low acidity)	Extra virgin	207°C	405°F
Olive Pomace Oil		238°C	460°F
Palm oil	Difractionated	235°C	455°F
Peanut oil	Unrefined	160°C	320°F
Peanut oil	Refined	232°C	450°F
Rice bran oil		254°C	490°F
Safflower oil	Unrefined	107°C	225°F
Safflower oil	Semirefined	160°C	320°F
Safflower oil	Refined	266°C	510°F

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Fat	Quality	Smoke Point	
Sesame oil	Unrefined	177°C	350°F
Sesame oil	Semirefined	232°C	450°F
Soybean oil	Unrefined	160°C	320°F
Soybean oil	Semirefined	177°C	350°F
Soybean oil	Refined	238°C	460°F
Sunflower oil	Unrefined	107°C	235°F
Sunflower oil	Semirefined	232°C	450°F
Sunflower oil	Refined	227°C	440°F
Sunflower oil, high oleic	Unrefined	160°C	320°F
Tallow (Beef)		215°C	420°F
Tea seed oil		252°C	485°F
Vegetable shortening		182°C	360°F
Walnut oil	Unrefined	160°C	320°F
Walnut oil	Semirefined	204°C	400°F