

Smoke Point of Oils

Oil	Type	Smoke 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
Flax seed oil	Unrefined	225°F / 107°C
Ghee (Indian 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[1]
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
Sesame oil[*]	Semi-refined	450°F / 232°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

*These oils have a smoke point high enough to be used for frying.

**These oils are the best for frying because they not only have a high enough smoke point; they’re also composed of saturated fatty acids, so they’re less subject to oxidation.^[3]

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The smoke point is the temperature at which oil starts to break down, form a bluish smoke, and be damaged in flavor and nutrition. The smoke contains acrolein, which is very irritating to the eyes and throat.

Deep fat frying requires oil with a high smoke point, typically about 350-375 °F (175-190 °C). Refined oils have a considerably higher smoke point because they've been stripped of the vitamins and protective phytochemicals that would be damaged at lower temperatures.

References:

[1] The Culinary Institute of America (1996). *The New Professional Chef* (6th edition ed.). John Wiley & Sons.

[2] Cooking for Engineers: Smoke points. www.cookingforengineers.com/article/50/Smoke-Points-of-Various-Fats

[3] *Fats and Oils*, Udo Erasmus. 1986.