

Cooking Oils - Smoke Points

	°F	°C
Olive Oil, Extra Virgin	331	166
Flaxseed Oil	225	107
Margarine, Hard	300	150
Hemp Oil	330	165
Butter, unsalted & salted	350	176
Coconut Oil	350	176
Crisco Vegetable Shortening	360	180
Canola Oil	400	205
Macadamia Oil	410	210
Sesame Oil, refined	410	210
Cottonseed Oil	420	216
Corn Oil	450	232
Ghee, clarified butter	450	232
Safflower Oil	450	232
Sunflower Oil, refined	450	232
Soybean Oil	450	232
Peanut Oil	450	232
Olive Oil, Extra Light	465	240
Grapeseed Oil	485	252
Rice Bran Oil	490	260
Avocado Oil	520	271