

# Smoking Point of Fats Used for Cooking & Baking

Fat/Oil	Smoke Point (°F)	Smoke Point (°C)	Fat/Oil	Smoke Point (°F)	Smoke Point (°C)
Avocado Oil, refined	520	271	Olive Oil, extra light	468	242
Avocado Oil, unrefined	375	190	Peanut Oil, unrefined	320	160
Butter	250-300	120-150	Peanut Oil, refined	450	232
Canola Oil , refined	400	204	Safflower Oil, unrefined	225	107
Coconut Oil, virgin	350	177	Safflower Oil, refined	510	266
Coconut Oil, refined	450	232	Sesame Oil, unrefined	350	177
Corn Oil	440	227	Soybean oil, unrefined	320	160
Flax Seed oil	225	107	Soybean Oil, refined	460	238
Butter, clarified (Ghee)	485	252	Sunflower Oil, unrefined	225	107
Lard	370	188	Sunflower Oil, refined	440	227
Margarine, hard & soft	302	150	Tallow (beef)	420	215
Olive Oil, extra virgin	375	191	Vegetable Shortening	360	182
Olive Oil, virgin	391	199			