

Smoke Point Chart

24 cooking oils and fats, from lowest to highest smoke point

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The smoke point is when an oil starts to break down and smoke. Choose one above your cooking temperature.

Low heat (under 350°F) Medium heat (350–399°F) High heat (400°F and up)

FAT / OIL	°F	°C	RANGE	BEST USES
Flaxseed Oil	225°F	107°C		Dressings and dips (no heat)
Butter	300–350°F	149–175°C		Sauté, quick pan-fry, baking, roasting
Extra-Virgin Olive Oil	325–410°F	163–210°C		Sauté, finishing oil, dressings, marinades, baking
Hemp Seed Oil	330°F	166°C		Dressings, finishing oil (no heat)
Coconut Oil	350–385°F	175–196°C		Sauté, pan-fry, baking, roasting
Sesame Oil	350–410°F	175–210°C		Sauté, small amount for stir-frying
Vegetable Shortening	360–410°F	180–210°C		Baking, sauté
Lard	370°F	188°C		Sauté, pan-fry, baking, roasting, deep-frying
Duck Fat	375°F	190°C		Sauté, stir-fry, pan-fry, roasting
Grapeseed Oil	390°F	195°C		Sauté, pan-fry, baking, roasting, dressings
Olive Oil (Regular)	390–470°F	199–243°C		Sauté, baking, dressings, marinades, finishing oil
Beef Tallow	400°F	204°C		Sauté, pan-fry, deep-frying, roasting, savory baking
Canola Oil	400–450°F	204–230°C		Searing, sauté, pan-fry, stir-fry, baking, roasting, grilling, deep-frying
Vegetable Oil	400–450°F	204–230°C		Searing, sauté, pan-fry, stir-fry, baking, roasting, grilling, deep-frying
Corn Oil	410–450°F	210–230°C		Searing, sauté, pan-fry, baking, roasting, grilling, deep-frying
Margarine	410–430°F	210–221°C		Sauté, stir-fry, roasting
Light/Refined Olive Oil	425–465°F	218–241°C		Sauté, pan-fry, grilling, baking, roasting
Peanut Oil	440–450°F	227–230°C		Searing, sauté, pan-fry, stir-fry, baking, roasting, grilling, deep-frying
Sunflower Oil	440°F	230°C		Searing, sauté, pan-fry, baking, roasting, grilling, deep-frying
Clarified Butter (Ghee)	450°F	230°C		Sauté, pan-fry, baking, roasting
Palm Oil	450°F	232°C		Frying, stir-frying
Soybean Oil	450–495°F	230–257°C		Searing, sauté, pan-fry, baking, roasting, grilling, deep-frying
Safflower Oil	510°F	265°C		Searing, sauté, pan-fry, baking, roasting, grilling, deep-frying
Avocado Oil (Refined)	520–570°F	271–299°C		Sauté, pan-fry, baking, roasting, grilling, dressings

Bars show each smoke point range on a 200–600°F scale

200° 300° 400° 500° 600°

Quick picks

Deep-frying

Canola, peanut, or soybean oil. Fry at 325–375°F and keep a thermometer in the pot.

Searing & stir-frying

Avocado, grapeseed, peanut, or light olive oil. Heat the pan first, then add the oil.

Dressings & drizzling

Extra-virgin olive, flaxseed, or hemp seed oil, where their flavor shines without high heat.

Reusing frying oil? Each round of frying lowers its smoke point.

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