Smoke point of cooking oils

Printable chart from KitchenProds. The same numbers as https://kitchenprods.com/guides/smoke-point-of-cooking-oils/

Last checked November 15, 2026. Source: Jessica Gavin, Smoke Point of Cooking Oils; ThermoWorks, Oil Smoke Points: Temperature Chart

Smoke point ranges

Range = lowest to highest value the two sources print. Neither gives a method or lab, so these are published figures, not measurements.

Oil	Refinement	Range (°F)	Range (°C)
Extra-virgin olive oil	unrefined	325-410	163-210
Light (refined) olive oil	refined	425-465	218-241
Canola oil	not stated	400-450	204-232
Corn oil	not stated	410-450	210-232
Sunflower oil	not stated	410-440	210-227
Soybean oil	not stated	450-495	232-257
Safflower oil	not stated	450-510	232-266
Peanut oil	refined	440-450	227-232
Grapeseed oil	not stated	390-421	199-216
Avocado oil	refined	520-570	271-299
Coconut oil	unrefined (ThermoWorks)	350-385	177-196
Sesame oil	unrefined (ThermoWorks)	350-410	177-210
Butter	not stated	300-350	149-177
Clarified butter (ghee)	not stated	450-482	232-250
Lard	not stated	370-374	188-190
Beef tallow	not stated	400-480	204-249