

Cooking Fat/Oil	Smoke Point	
	°C	°F
Unrefined seed & nut oils		
Unrefined flaxseed oil	107°C	225°F
Unrefined safflower oil	107°C	225°F
Unrefined sunflower oil	107°C	225°F
Unrefined peanut oil	160°C	320°F
Unrefined walnut oil	160°C	320°F
Unrefined sesame oil	177°C	350°F
Semi-Refined and refined seed/nut oils		
Hemp seed oil	165°C	330°F
Sesame oil	201°C	410°F
Semirefined walnut oil	204°C	400°F
Almond oil	216°C	420°F
Hazelnut oil	221°C	430°F
Peanut oil	227°C	440°F
Sunflower oil	227°C	440°F
Refined high-oleic sunflower oil	232°C	450°F
Refined peanut oil	232°C	450°F
Semirefined sesame oil	232°C	450°F
Semirefined sunflower oil	232°C	450°F
Refined safflower oil	266°C	510°F
Olive oils		
Extra virgin olive oil	160°C	320°F
Virgin olive oil	216°C	420°F
Tropical oils		
Coconut oil	177°C	350°F
Palm oil	232°C	450°F
Palm kernel oil	232°C	450°F
Animal fats		
Butter	177°C	350°F
Lard	182°C	370°F
Goose fat *	190°C	375°F
Duck fat *	190°C	375°F
Ghee (clarified butter)	252°C	485°F
Avocado oil		
Avocado oil	271°C	520°F
Sources:		
all from https://jonbarron.org/diet-and-nutrition/healthiest-cooking-oil-chart-smoke-points		
* except goose and duck fat from http://ochef.com/699a.htm		