

COOKING OIL SMOKE POINT CHART

HIGH HEAT

High Heat Setting

Used for frying, stir frying, sautéing to retain firmness and searing meat

MEDIUM HEAT

Medium/High Heat Setting

Standard cooking temperatures used for baking, sautéing, marinades, sauces, and moderate simmering

LOW HEAT

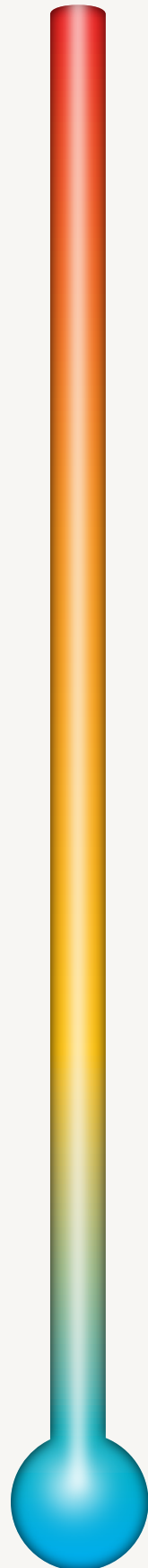
Low/Medium Heat Setting

Used for prolonged cook times, such as gentle simmering or sautéing

NO HEAT

No/Lo Heat Setting

Used for finishing an already cooked dishes (with drizzles, sauces, etc.) and maintaining warmth covered with a lid



CALORIES*

520° F / 271° C	Avocado	124
450-520° F / 232-271° C	Safflower**	120
440° F / 227° C	Sunflower	120
430° F / 221° C	Almond	120

421° F / 216° C	Grape Seed	120
413° F / 212° C	Macadamia Nut	123
410° F / 210° C	Olive (virgin)	119
410° F / 210° C	Sesame	120
400-450° F / 204-232° C	Canola (Rapeseed)**	124
400-450° F / 204-232° C	Corn**	122
400° F / 204° C	Vegetable	124
374° F / 190° C	Lard	115
374-405° F / 190-207° C	Olive (extra virgin)**	119

350-450° F / 177-232° C	Butter**	102
350° F / 177° C	Coconut	117
350-450° F / 177-232° C	Peanut**	119
325° F / 163° C	Hemp Seed	125
320° F / 160° C	Walnut	120

225° F / 107° C	Flaxseed (unrefined)	120
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* Per tablespoon (approx)

**Smoke Point dependent on quality, refinement and or clarity.

A variety of sources were utilized. Dependant upon consensus, Food Network or Bon Appétit were utilized for final judgment call.