

culinary oil smoke points

<i>Culinary Oil</i>	<i>Smoke Point</i>	
	<i>(°F)</i>	<i>(°C)</i>
Sunflower High-oleic	478	248
Canola High-oleic	475	246
Peanut	471	244
Canola	468	242
Safflower High-oleic	468	242
Sunflower	464	240
Corn	453	234
Soybean	453	234
Safflower	446	230
Grapeseed	435	224
Olive Processed	428	220
Extra Virgin Olive	331	166

*Optimal deep frying temperature:
365-375°F (185-190°C)*

Source: University of Lethbridge.