

Maximum Temperatures of Various Cooking Oils

Oils heated above these temperatures start to break down rendering them carcinogenic.

Type of Oil	Max Temp °C	Max Temp °F
Unrefined canola oil	107°C	225°F
Unrefined flaxseed oil	107°C	225°F
Unrefined safflower oil	107°C	225°F
Unrefined sunflower oil	107°C	225°F
Unrefined corn oil	160°C	320°F
Unrefined high-oleic sunflower oil	160°C	320°F
Extra virgin olive oil	160°C	320°F
Unrefined peanut oil	160°C	320°F
Semirefined safflower oil	160°C	320°F
Unrefined soy oil	160°C	320°F
Butter	177°C	350°F
Semirefined canola oil	177°C	350°F
Coconut oil	177°C	350°F
Unrefined sesame oil	177°C	350°F
Semirefined soy oil	177°C	350°F
Vegetable shortening	182°C	360°F
Macadamia nut oil	199°C	390°F
Refined canola oil	204°C	400°F
High quality (low acidity) extra virgin olive oil	207°C	405°F
Sesame oil	210°C	410°F
Grapeseed oil	216°C	420°F
Virgin olive oil	216°C	420°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 corn oil	232°C	450°F
Refined high-oleic sunflower oil	232°C	450°F
Refined peanut oil	232°C	450°F
Refined Safflower oil	232°C	450°F
Semirefined sesame oil	232°C	450°F
Refined soy oil	232°C	450°F
Semirefined sunflower oil	232°C	450°F
Olive pomace oil	238°C	460°F
Extra light olive oil	242°C	468°F
Ghee (High Quality)	252°C	485°F
Soybean oil	257°C	495°F
Safflower oil	266°C	510°F
Avocado oil	271°C	520°F