

Oil Primer		
Olive	77% mono, 9% poly, 14% saturated	Rich olive taste, low smoke point; dressings, marinades, sautés, pastas, soups, meat dishes
Hazelnut	76% mono, 14% poly, 10% saturated	Brown color; high smoke point; brings out flavor in baked desserts, dressings, meats
Avocado	70% mono, 10% poly, 20% saturated	Light flavor, high smoke point; best in salad dressings and marinades
Canola	62% mono, 32% poly, 6% saturated	Light color, moderately high smoke point; best for baking and dishes requiring a light flavor
Peanut	49% mono, 33% poly, 18% saturated	Peanut flavor & aroma, high smoke point; best in foods that benefit from peanut flavor
Sesame	40% mono, 46% poly, 14% saturated	Light, mild flavor, moderately high smoke point; best in Asian recipes
Palm	38% mono, 10% poly, 52% saturated	Red/orange color, high smoke point; brings out flavor in Caribbean and South American dishes
Corn	25% mono, 62% poly, 13% saturated	Light, mild; high smoke point; best in baking or deep frying, but high in linoleic (omega-6) acid
Soybean	24% mono, 61% poly, 15% saturated	Heavy flavor, heavy smoke point best in baking or deep frying, but high in linoleic (omega-6) acid;
Sunflower	20% mono, 69% poly, 11% saturated	Light, flavorless; high smoke point; best in baking but high in linoleic (omega-6) acid
Walnut	19% mono, 67% poly, 14% saturated	Rich flavor, moderately high smoke point; best to

		bring out flavor in baked desserts, dressings, meats *high in alpha-linolenic acid (omega-3)
Grape seed	17% mono, 71% poly, 12% saturated	Mild flavor, high smoke point; best in sautéing or frying but high in linoleic (omega-6) acid
Safflower	13% mono, 77% poly, 10% saturated	Light color & flavor, high smoke point; best for searing meats, baking desserts and deep-frying foods but high in linoleic (omega-6) acid
Coconut	6% mono, 2% poly, 92% saturated	Solid at room temperature, buttery texture, low smoke point; high in saturated fats; popular in Southeast Asian dishes

Sources

Adapted from RecipeTips.com

The Nibble: Culinary Oils Glossary

What's Cooking America; Questions & Answers