Smoke Point Chart

22 lab readings copied from /cooking-oils-smoke-points-best-uses/. Avocado and butter stay Not listed, the same as that table.

Oil	Smoke point	Where it comes from
Palm (refined, deodorized)	489°F	ISEO
Sunflower, high-oleic (refined, deodorized)	471°F	ISEO; FSIS sunflower 410°F
Soybean, aka vegetable oil (refined, deodorized)	464°F	ISEO; FSIS groups 450°F
Lard (refined, deodorized)	464°F	ISEO
Canola, high-oleic (refined, deodorized)	464°F	ISEO
Soybean, low-linolenic (refined, deodorized)	458°F	ISEO
Canola (refined, deodorized)	457°F	ISEO; FSIS 435°F
Corn (refined, deodorized)	455°F	ISEO; FSIS groups 410°F
Cottonseed (refined, deodorized)	450°F	ISEO
Safflower (refinement not stated)	450°F	FSIS grouped: peanut/safflower/soybean
Peanut (refined, deodorized)	446°F	ISEO; FSIS groups 450°F
Tallow (refined, deodorized)	446°F	ISEO
Palm olein, IV-57 (refined, deodorized)	446°F	ISEO
Palm hard fraction, IV-35 (refined, deodorized)	446°F	ISEO
Soybean, hydrogenated to IV 70 (refined, deodorized)	446°F	ISEO
Grapeseed (refinement not stated)	445°F	FSIS
Rice bran (refined, deodorized)	444°F	ISEO
Rice bran, high-oryzanol (refined, deodorized)	432°F	ISEO
Sunflower, mid-oleic (refined, deodorized)	412°F	ISEO; FSIS sunflower 410°F
Sesame (refinement not stated)	410°F	FSIS grouped: corn/olive/sesame/sunflower
Coconut (refined, deodorized)	385°F	ISEO
Olive, all grades (unrefined to refined)	347°F to 464°F	UC Davis; FSIS olive 410°F
Avocado	Not listed	Not in ISEO or FSIS
Butter	Not listed	Not in ISEO or FSIS

Lab notes, from the same page

AOCS Method Cc 9a-48
0.05% free fatty acids
Table VIII, page 21
USDA FSIS publishes a shorter deep-frying list
228°F for sunflower
287°F for peanut
Refined numbers are not the cold-pressed bottle. The page's second table is the unrefined one.