

Important Data on Fats

Fat (1 Tbsp)	grams	Calories	Total Fat	Sat Fat	Unsaturated Fat		Cost	Coolest	Smoke Temp
					Mono	Poly			
Almond Oil	14	123							430
Avocado Oil	14	120	14.0	1.5	2.0	10.0	0.236		500
Beef Tallow	13	115	12.3	6.4	5.4	0.5		14	480
Butter	15	105	12.0	7.2	3.3	0.5			
Canola Oil	14	124	13.2	0.9	8.2	4.1	0.070		400
Chicken Fat			12.1	3.8	5.7	2.6			
Cocoa Butter	14	133	15.0	9.0	4.8	0.5			
Coconut Oil	14	120	12.8	11.8	0.8	0.2	0.220		400
Cod Liver Oil	15	130	13.5	3.5	6.5	3.5			
Corn Oil	15	120	13.0	1.7	3.3	8.0	0.092		
Cottonseed Oil	14	123	12.9	3.5	2.4	7.0			
Flaxseed Oil	14	114	14.0	1.3	2.5	10.2	0.940		
Ghee	14	135	15.0	9.0	3.5	2.5	1.454	30	
Goose Fat	13	117							
Grape Seed Oil	14	124	14.0	1.0	3.0	9.8		0	
Hemp Oil	15	121							
Herring Oil	14	126							
Lard (pork fat)	13	117	12.2	5.0	5.8	1.4		12	370
Macadamia Oil	14	115							
Margarine (stick)	15	70	8.2	1.6	4.2	2.4			
Margarine (tub)	14	60	11.0	2.0	5.2	3.8			
Mustard Oil	14	124							
Olive Oil	15	133	13.0	1.8	10.0	1.2	0.169		
Palm Kernel Oil	15	130	14.0	14.0			0.312		
Palm Oil	14	123	12.9	6.7	5.0	1.2	0.212		
Peanut Oil	14	120	12.8	2.3	6.2	4.3	0.133		450
Rice Bran Oil	14	124	14.0	3.0	7.0	5.0	0.138		
Safflower Oil	14	120	13.0	0.8	10.2	2.0	0.140		450
Sardine Oil	14	126	13.0	4.0				97	
Sesame Oil	14	124	12.9	1.9	5.4	5.6	0.460		
Shortening	14	110	12.2	3.2	5.7	3.3	0.108		
Soybean Oil	14	124	13.0	2.0	3.2	7.8	0.460		450
Sunflower Oil	14	124	13.0	1.4	2.7	8.9	0.140		450
Walnut Oil	14	124	14.0	1.0	3.5	9.5			320