

Cooking Oils & Shortenings — Nutritional & Performance Comparison

★ Coconut Oil (Virgin) appears in BOTH sections: it is a liquid oil by nature but is solid at room temperature (below 76°F), making it a functional 1:1 shortening substitute in baking. Nutritional values are identical in both sections.

SECTION 1 — OILS (per 1 tablespoon) · Ordered: Healthiest → Least Healthy

Item	Category	Cal/ tbsp	Total Fat (g)	Sat Fat (g)	MUFA (g)	PUFA (g)	Chol (mg)	Smoke Pt (°F)	Refinement	Flavor Profile	Best Uses	Key Notes
Avocado Oil	Oil	124	14.0	1.6	9.9	1.9	0	520	Refined	Neutral	High-heat searing, grilling, frying	Highest smoke point; rich in oleic acid
Olive Oil (Extra Virg)	Oil	119	14.0	1.9	10.0	1.4	0	375	Unrefined	Fruity/Peppery	Dressings, low-heat sautéing, finishing	Rich in polyphenols; heart-healthy
Canola Oil	Oil	124	14.0	1.0	8.9	3.9	0	400	Refined	Neutral	Baking, frying, sautéing	Heart-friendly fat profile; good omega-3 content
Coconut Oil (Virgin) ★	Oil	121	14.0	12.0	0.8	0.2	0	350	Unrefined	Mild coconut	Baking, low-heat cooking	Solid below 76°F; good for baking; long shelf life ★ Also listed in Shortenings

SECTION 2 — SHORTENINGS (per 1 tablespoon) · Ordered: Healthiest → Least Healthy

Item	Category	Cal/ tbsp	Total Fat (g)	Sat Fat (g)	MUFA (g)	PUFA (g)	Chol (mg)	Smoke Pt (°F)	Refinement	Flavor Profile	Best Uses	Key Notes
Avocado Oil Shortening	Shortening	110	12.0	3.0	7.0	1.5	0	490	Non-hydrog.	Very mild	Baking, high-heat cooking	Healthiest fat profile among shortenings; creamy texture
Coconut Oil (shortening) ★	Shortening	121	14.0	12.0	0.8	0.2	0	350	Unrefined	Mild coconut	Baking (1:1 shortening substitute)	Solid at room temp mimics shortening; slight sweetness; dairy-free ★ Also in Oils
Palm Shortening	Shortening	115	13.0	6.0	5.0	1.0	0	450	Non-hydrog.	Neutral	Flaky pie crusts, pastries, frying	Semi-solid at room temp; creates tender crumb; excellent for pastry
Red Feather Butter (canned)	Shortening	100	11.0	7.0	3.0	0.4	30	300	Whole butter	Rich/Creamy	Baking, cooking, spreading	Shelf-stable canned butter from New Zealand; adds flavor complexity
Crisco All-Veg Shortening	Shortening	110	12.0	3.0	5.0	3.5	0	360	Non-hydrog.	Neutral/Blank	Flaky pie crusts, baked goods, frying, high-ratio cakes	Classic all-vegetable shortening; flaky tender pie crusts; no dairy; holds shape at room temp; creates air pockets when creamed

Notes: All values are approximate and per 1 tablespoon serving. Smoke points vary by brand and refinement level. MUFA = Monounsaturated Fatty Acids. PUFA = Polyunsaturated Fatty Acids. ★ = item appears in both sections.