

## Saponification Table Plus The Characteristics of Oils in Soap

How much Lye should you use in order to saponify a specific fat or oil? Use this simple saponification table to find out!

You can click on each oil or fat within this chart to learn more about its benefits, detriments and how it is used in soap making.

<b>oil or fat (acid)</b>	<b>SAP</b>	<b>Hard/Soft</b>	<b>cleansing</b>	<b>fluffy lather</b>	<b>stable lather</b>	<b>skin care</b>
<a href="#">avocado oil</a>	133.7	soft	fair	yes	no	amazing!
<a href="#">coconut oil</a>	191.1	hard	great	yes	no	fair
<a href="#">castor oil</a>	128.6	soft	fair	yes	yes	great
<a href="#">olive oil</a>	135.3	soft	good	no	no	great
<a href="#">palm oil</a>	142	hard	great	no	yes	fair
<a href="#">peanut oil</a>	137	soft	fair	no	yes	great
<a href="#">soybean oil</a>	135.9	soft	good	no	yes	fair
<a href="#">sweet almond oil</a>	137.3	soft	good	no	yes	amazing!
<a href="#">jojoba oil</a>	69.5	soft	fair	no	yes	great
<a href="#">kukui nut oil</a>	135.5	soft	good	no	yes	great
<a href="#">lard</a>	138.7	hard	good	no	yes	fair
<a href="#">tallow</a>	140.5	hard	good	no	yes	fair

The above table is from [Soap-Making-Resource.com](http://Soap-Making-Resource.com)  
([soap-making-resource.com/saponification-table.html](http://soap-making-resource.com/saponification-table.html))

### What is SAP?

From [candleandsoap.about.com/od/soapglossary/g/What-Is-A-SAP-Number.htm](http://candleandsoap.about.com/od/soapglossary/g/What-Is-A-SAP-Number.htm):

"When looking at oils for soap making, or calculating a recipe for soap, you'll see a number associated with each oil called the SAP number. The SAP number is short for the saponification number. This is the units (ounces, grams, pounds) of lye needed to completely react with one unit (ounce, gram, pound) of an oil."