

SAP values for common soapmaking oils

Oil or butter	NaOH	KOH (100%)
Olive oil	0.135	0.189
Coconut oil	0.183	0.257
Palm oil	0.142	0.199
Palm kernel oil	0.176	0.247
Castor oil	0.128	0.18
Shea butter	0.128	0.18
Cocoa butter	0.137	0.192
Mango butter	0.137	0.192
Sweet almond oil	0.136	0.191
Avocado oil	0.133	0.187
Sunflower oil	0.134	0.188
Canola oil	0.132	0.185
Rice bran oil	0.128	0.18
Lard	0.138	0.194
Tallow (beef)	0.143	0.201
Babassu oil	0.175	0.246
Joboba oil	0.066	0.093
Beeswax	0.069	0.097

Typical values; suppliers may publish slightly different figures. KOH column = NaOH × 1.403.

Notes
