Everything You Need to Know About Grapeseed Oil

This multi-purpose oil plays well with others and has a decent nutritional value.

By **Lynn Andriani** | Updated on July 1, 2025

Credit: Naho Yoshizawa/Aflo/Getty

It's easy to overlook grapeseed oil on the grocery shelf, especially with so many other popular cooking oils in the mix. Many pass it by

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popular olive oil. But grapeseed oil deserves a

about this neutral, high-heat cooking oil—and find out what a registered dietitian thinks about how it stacks up health-wise.

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Vanessa Risseto, MS, RD, CDN, CEO and co-founder of Culina Health

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What is grapeseed oil?

Grapeseed oil comes from—you guessed it—grape seeds. The tiny seeds inside certain varieties of grapes can be pressed, yet the extracted liquid, which is a byproduct of winemaking, doesn't usually taste like grapes or wine. Actually, grapeseed oil is surprisingly neutral in taste. It doesn't have any of the floral or nutty taste you find in many other oils, so you probably wouldn't use it to drizzle over a just-out-of-the-oven pizza or to dip bread in during cocktail hour.

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Why is it a cooking staple?

On the flip side, grapeseed oil's uncomplicated, clean flavor makes it an all-around MVP in the kitchen, letting the taste of whatever you're cooking with it shine through. It's great in vinaigrettes, especially ones that also include herbs and/or small amounts of more pricey specialty oils. Another reason grapeseed oil could become your new go-to: It has a relatively high smoke point, which means you can get it fairly hot (425 degrees, which is about the temperature a pan reaches when placed over medium-high heat), so food gets nice and crispy without you having to worry that the oil will burn and take on an acrid taste (nor will it release toxic fumes or harmful free radicals). From high-heat sautéing to stir-frying to baking, grapeseed oil is an excellent everyday oil; it's especially useful in pasta sauces, soups, and dressings. And you can use it as a substitute for olive oil in cooking. It should be stored for up to six

SKIP TO CONTENT rk place or in the refrigerator.

119 calories and 13.5 grams of fat per one tablespoon," says Vanessa Risseto, MS, RD, CDN. "So, the difference is negligible." Since the oil is used in recipes from salad dressings to baked goods, it can be easy to get carried away. One way to ensure you're not using it too much is to stick to the serving size. "As far as grapeseed oil goes, it's pretty good [health-wise]," she says. "Always keep in mind the serving size of oils should remain about one tablespoon, that way you aren't overdoing it."

TIP

Once opened, grapeseed oil lasts 6 to 12 months when stored properly. Keep in a cool, dark place, away from heat and sunlight.

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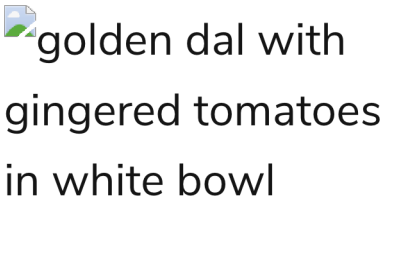

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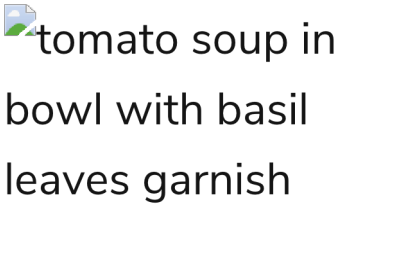

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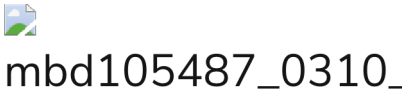

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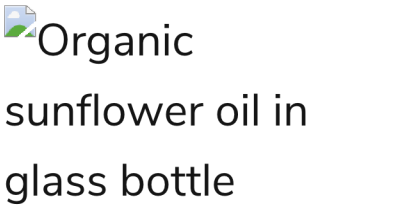

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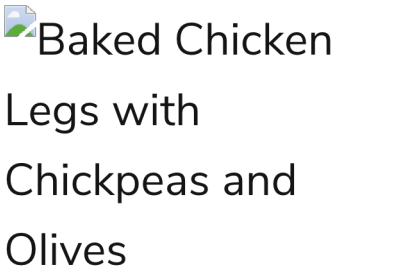

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