

OIL-IN-WATER EMULSION

Abstract

The present invention aims to solve the problem of providing an oil-in-water emulsion that can have a strong flavor such as milkiness or richness despite the oil-in-water emulsion having a sufficiently reduced trans fatty acid content. The present problem can be solved by a high content of a specific triglyceride in vegetable oils and/or fats, a specific value or higher unsaponifiable matter index obtained from the iodine value and fatty acid composition of the oil and/or fat, and a high content of a diglyceride, despite the trans fatty acid content per lipid in the oil-in-water emulsion being 2 wt.% or less.