Abstract

An oil and/or fat for chocolate satisfying all of following: (a) trans fatty acids are 5 wt.% or less among all constituent fatty acids; (b) saturated fatty acids with chain length of 16 or more carbons are from 20 to 60 wt.% among all constituent fatty acids; (c) CN38 to CN46 triglycerides are 40 wt.% or less among all triglycerides; (d) SO2 triglycerides are 40 wt.% or less among all triglycerides; and (e) S2O triglycerides are from 10 to 40 wt.% among all triglycerides. "CN38 to CN46 triglycerides" represents triglyceride total carbons in constituent fatty acids of triglyceride in the oil and/or fat from 38 to 46, and SO2 triglyceride represents triglyceride with one molecule of S (saturated fatty acid with 16 to 20 carbons) and two molecules of O (oleic acid) bonded, and S2O triglyceride represents triglyceride with two molecules of S and one molecule of O are bonded.