

ABSTRACT:

A starch composition for food, including component (a): a starch and component (b): an emulsifier, in which at least a portion of the component (a) and at least a portion of the component (b) form an amylose-lipid complex, the component (a) has a peak molecular weight of equal to or more than 2.7×10^5 and equal to or less than 2.3×10^6 , the component (b) is at least one selected from the group consisting of a monoglycerin fatty acid ester and a sucrose fatty acid ester having an HLB of equal to or more than 4 and equal to or less than 16, a free enthalpy of the amylose-lipid complex per dry mass of the composition as measured by differential scanning calorimetry is equal to or more than 0.1 J/g and equal to or less than 20 J/g, a degree of swelling in cold water at 25°C of the starch composition for food is equal to or more than 5.0 and equal to or less than 40, and a soluble fraction amount at 25°C of the starch composition for food is more than 0% by mass and equal to or less than 20% by mass.