

ABSTRACT

The invention provides an oil-in-water emulsion that satisfies all of the following (1), (2), (3), and (4). It is preferable that the following (5) is satisfied. It is also preferable that the oil-in-water emulsion contains a plant-based milk, or contains a plant-derived protein material. (1) The protein content is from 0.1 to 10 mass%. (2) A marine-derived potassium salt is contained. (3) The mass ratio between sodium and potassium (Na:K) is from 1:0.5 to 1:10. (4) The oil component content is from 0.3 to 49 mass%. (5) The non-fat milk solids content is less than 3 mass%.