Claims

[Claim 1]

A chocolate comprising an oil and/or fat having an SFC at 25°C of 10% or less, the chocolate comprising a randomly interesterified oil satisfying all of the following (A) to (C):

(A) a content of a saturated fatty acid having from 12 to 18 carbons is 20 mass% or more in a constituent fatty acid composition;

(B) a content mass ratio of a total amount of a saturated fatty acid having from 12 to 14 carbons to a total amount of the saturated fatty acid having from 12 to 18 carbons is 0.2 or more and less than 1 in the constituent fatty acid composition; and

(C) a content of an unsaturated fatty acid is 50 mass% or more and 80 mass% or less in the constituent fatty acid composition.

[Claim 2]

The chocolate according to claim 1, wherein, in the randomly interesterified oil, (D) a content of the saturated fatty acid having from 12 to 14 carbons is 5 mass% or more and 30 mass% or less in the constituent fatty acid composition.

[Claim 3]

The chocolate according to claim 1 or 2, wherein the oil and/or fat content in the chocolate is 30 mass% or more and 70 mass% or less, and the oil and/or fat content in the chocolate contains the randomly interesterified oil in an amount of 5 mass% or more and 97 mass% or less.

[Claim 4]

A frozen confectionery comprising the chocolate according to claim 3.