ABSTRACT

The present invention aims to provide a composition in which, despite containing a fat or oil that contains linoleic acid as a constituent fatty acid, an off-flavor of the fat or oil generated during storage is suppressed, and also to provide a method for suppressing an off-flavor of a fat or oil that contains linoleic acid as a constituent fatty acid. The present invention relates to a composition containing a fat or oil (A) that contains linoleic acid as a constituent fatty acid, indigestible dextrin (B), and a flavor component (C).