

TRANSESTERIFIED FAT OR OIL

[ABSTRACT]

- 5 The present invention addresses the problem of providing a chocolate that has a reduced trans fatty acid content and still has a high compatibility with cocoa butter, high blooming resistance and good meltability in mouth. A transesterified fat or oil has a content of unsaturated fatty acids controlled such that it is 10 mass% or less in the constituting fatty acid composition thereof, and the composition of other fatty acids is adjusted to a preset content.