WHAT IS CLAIMED IS:

1. An oil and fat composition satisfying following conditions:

1: 0.3 to 22 mass% of an aqueous phase, in which one or more selected from ascorbic acid and salts thereof are dissolved and pH is adjusted to 3.6 or more, is dispersed in an oil phase;

2: an amount of a solid content in the aqueous phase is 22.80 to 85 mass%; and

3: the oil phase contains an oil and fat comprising unsaturated fatty acid and lecithins,

wherein in the lecithins, a value obtained by dividing an amount of phosphatidylcholine in the lecithins by a sum of the amount of phosphatidylcholine, an amount of phosphatidylethanolamine, and an amount of phosphatidylinositol is less than 0.48.

2. The oil and fat composition according to claim 1,

wherein the aqueous phase comprises the one or more selected from ascorbic acid and salts thereof as essential components and additionally comprises a pH adjuster dissolved therein.

3. The oil and fat composition according to claim 1,

wherein a sum of DHA and EPA is 0.25 mass% or more.

4. The oil and fat composition according to claim 2,

wherein a sum of DHA and EPA is 0.25 mass% or more.

5. A method of manufacturing an oil and fat composition comprising following steps:

1: a step of adjusting pH to 3.6 or more and dissolving one or more selected from ascorbic acid and salts thereof to prepare an aqueous phase;

2: a step of dissolving lecithins in an oil and fat to prepare an oil phase;

3: a step of finely dispersing the aqueous phase obtained in 1 in the oil phase obtained in 2 to obtain a water-in-oil type emulsion; and

4: a step of mixing the water-in-oil type emulsion obtained in 3 with an oil and fat containing unsaturated fatty acid to form an oil and fat composition containing 0.3 to 22 mass% of the aqueous phase,

wherein in the lecithins, a value obtained by dividing an amount of phosphatidylcholine in the lecithins by a sum of the amount of phosphatidylcholine, an amount of phosphatidylethanolamine, and an amount of phosphatidylinositol is less than 0.48.

6. The manufacturing method according to claim 5,

wherein the aqueous phase comprises the one or more selected from ascorbic acid and salts thereof as essential components and additionally dissolves a pH adjuster.

7. The method of manufacturing an oil and fat composition according to claim 5 or 6,

wherein a sum of DHA and EPA is 0.25 mass% or more.

8. The oil and fat composition according to any one of claims 1 to 4, which is used for a nursery formulated milk.

9. A nursery formulated milk comprising the oil and fat composition according to any one of claims 1 to 4.