EDIBLE OIL/FAT IN WHICH CONTENT GLYCIDOL AND GLYCIDOL FATTY ACID ESTER ARE REDUCED, AND METHOD FOR MANUFACTURING SAID EDIBLE OIL/FAT

[ABSTRACT]

The present invention addresses the problem of providing an oil/fat in which the glycidol content and glycidol fatty acid ester content are reduced. A method for manufacturing an edible fat/oil, wherein a step for decolorizing and deodorizing an oil/fat that contains a palm-based oil/fat, in which physically refined palm oil (RBDPO) is used as a raw material, includes a step for performing an acid-induced contacting process during a decolorization work step.