

Abstract

Fat bloom and graining can be suppressed by blending an oil and/or fat composition containing 40 wt.% or more of a triglyceride (S2M) in which one monounsaturated fatty acid and two saturated fatty acids are bonded and 4 wt.% or more of a triglyceride (S2X) in which one ω 7 monounsaturated fatty acid and two saturated fatty acids are bonded, in a chocolate mainly composed of a triglyceride (S2O) in which one oleic acid and two saturated fatty acids are bonded.

[No figure]