Claims

1. A method for manufacturing instant noodles, wherein
an amount of salt used for manufacturing the noodles is reduced,
wherein 0.5 to 1.5 g of potassium lactate is substituted for 1 g of salt to be added to kneading water to manufacture the noodles, and
wherein 20 to 50% by weight of salt is replaced based on a total amount of the salt to be added to the kneading water to manufacture the noodles.

2. The method for manufacturing instant noodles according to claim 1, wherein 0.5 to 1.0 g of potassium lactate is substituted for 1 g of salt to be added to the kneading water to manufacture the noodles.

3. The method for manufacturing instant noodles according to claim 1 or 2, wherein the instant noodles are fried noodles.

4. The method for manufacturing instant noodles according to claim 1 or 2, wherein the instant noodles are non-fried noodles.