# Claims

~~[Claim 1]~~

1. A method for manufacturing instant noodles, wherein

an amount of salt used for manufacturing the noodles is reduced, ~~and~~

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.

~~[Claim 2]~~

2. The method for manufacturing instant noodles according to claim 1, wherein ~~20 to 50% by weight of the salt is replaced based on a total amount of~~ 0.5 to 1.0 g of potassium lactate is substituted for 1 g of ~~the~~ salt to be added to the kneading water to manufacture the noodles.

~~[Claim 3]~~

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

~~[Claim 4]~~

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