Claims

[Claim 1]

A method for producing instant noodles, comprising a step A of producing noodle strings, and a drying step B of drying the noodle strings at 100°C or more,

wherein the step A of producing noodle strings includes a flavoring step a, and the reducing sugar is added to the noodle strings by dipping the noodle strings into a liquid seasoning containing magnesium chloride, sodium chloride and the reducing sugar, in the flavoring step a,

wherein the noodle strings contain a raw material powder containing gluten, sodium chloride, magnesium chloride, and glucose or fructose as the reducing sugar, and a content of the magnesium chloride is 0.05 to 0.54% by weight and a content of the reducing sugar is 0.05 to 1.50% by weight in a total amount of the noodle strings.