Claims

[Claim 1]

Instant fried noodles having a porous structure,

wherein the porous structure is constituted by a plurality of pores containing a fat or oil, and

the number of pores of 100 μm^2 or larger present per unit area of 1 mm^2 in a cross section of a noodle string of the instant fried noodles cut in a direction perpendicular to a lengthwise direction of the noodle string is 71 to 150,

a total area of the pores of 100 μm^2 or larger present in the cross section of the noodle string of the instant fried noodles is 8.6% to 19% of an area of the cross section of the noodle string, and

a fat or oil content of the noodle string is 11.4% to 13%.

[Claim 2]

The instant fried noodles according to claim 1, wherein an average area of the pores of 100 μm^2 or larger present in the cross section of the noodle string of the instant fried noodles is 0.06% to 0.14% of the area of the cross section of the noodle string.