

Kenco Unsweetened Cappuccino: what unsweetened means

From the teas.co.uk wiki

Kenco Unsweetened Cappuccino: what unsweetened means, in summary: No sugar appears on the ingredient list of these eight milky sachets, though the label still shows sugars from the milk powder and glucose syrup. It tastes softly milky rather than sweet; any extra sweetness is your call.

Last reviewed by the teas.co.uk team in September 2026.

Nearly every instant milk drink is sweetened at the factory; this one hands the sugar bowl back to you. That makes it a working coffee you can drink twice in an afternoon, rather than a treat that tires after the first cup.

Reading the label properly

Skimmed milk powder leads the published ingredients, followed by fully hydrogenated coconut oil, glucose syrup, maltodextrin and instant coffee at 12 percent, then milk proteins, modified starch, stabilisers and salt. Sugar itself does not appear on the list. That is what unsweetened means here: none has been put in as an ingredient, and whatever sweetness you want on top is your decision.

Do not read it as free of sugars, though. The published nutrition gives 29.7g of sugars per 100g of powder, which the milk powder and the creamer's glucose syrup account for. In the cup that reads as a soft, milky sweetness rather than a sugary one. The label also confirms it contains milk, so it is not for a dairy-free kitchen.

Sweetening it your way

Because nothing sweet is competing, a little goes a long way. Half a teaspoon of sugar usually turns it into a gently sweet cappuccino, and a spoon of honey or a flavoured syrup works too. Add it to the empty cup alongside the powder, before any water, so it dissolves in the pour and you are not tempted to stir the foam flat afterwards.

Left as it is, the coffee reads more clearly than in a sweetened sachet, because sugar sits on the same part of the palate as the roast and blurs it. This is the Kenco sachet for anyone who takes coffee without sugar at home and has found every instant milk drink too sweet. It is caffeinated and mild, so expect a gentle cup rather than a strong one.

Hot milk, cup size and travel

One sachet makes one drink, sized for a cup of around 180 to 200ml. Stretch it across a large mug and the milkiness thins and the head disappears. Give the kettle a minute's rest once it has boiled, since water at a hard boil gives milk powder a cooked edge, then pour quickly from a little height and stir once at most.

For a fuller cup at home, make it with hot milk in place of the water; that is an upgrade rather than a requirement, and left unsweetened it stays a coffee rather than drifting towards a pudding. Away from home the eight sachets travel easily and need no fridge, so the box suits a desk drawer, a caravan or an overnight bag.

The packs we stock

- [Kenco Unsweetened Cappuccino Instant Coffee, 8 Sachets](#) (barcode 8711000677711)

What the label says

The published ingredient list for Kenco Unsweetened Cappuccino Instant Coffee, 8 Sachets (barcode 8711000677711) says it contains milk. Read the current box of sachets, as Kenco may revise the unsweetened recipe and allergen advice.

Ingredients, as published: Skimmed milk powder, fully hydrogenated coconut oil, glucose syrup, maltodextrin, instant coffee (12%), milk proteins, modified starch, stabilizers (E340, E452), salt, anticaking agent (E551), emulsifier (E481).

Typical values per 100g Per 100g

Energy	423 kcal
Fat	17.1g
of which saturates	17.1g
Carbohydrate	46.8g
of which sugars	29.7g
Protein	17.1g
Salt	1.4g

Ingredient and nutrition data for this barcode: [Open Food Facts \(openfoodfacts.org\)](https://openfoodfacts.org), ODbL. Your box of unsweetened sachets has the final say.

What to eat with it

- [Maryland Cookies Caramel & Chocolate Chip, 200g](#): A sweet cookie beside an unsweetened cup puts the sugar on the side instead of in the mug.
- [McVitie's Digestives Dark Chocolate Biscuits, 433g](#): Dark [chocolate](#) and a milky, unsweetened coffee make a grown-up pairing that never turns cloying.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): Butterscotch brings the caramel note the drink leaves out.
- [McVitie's Digestives Biscuits The Light One, 250g](#): A light digestive and a quick [dunk](#) keep the whole break simple.

Elsewhere in the Kenco range

- [Kenco Classic Latte Instant Coffee, 20 Sachets](#)
- [Kenco Decaf Instant Coffee, 190g](#)
- [Kenco Gold Indulgence Instant Coffee, 190g](#)
- [Kenco Iced Hot Salted Caramel Latte Instant Coffee, 20 Sachets](#)
- [Kenco Iced Hot Vanilla Latte Instant Coffee, 8 Sachets](#)
- [Kenco Latte Instant Coffee Sachets, 8 Sachets 130.4g](#)

The full range is on the [Kenco brand page](#).

FAQ

Does Kenco Unsweetened Cappuccino contain sugar? Sugar is not on its ingredient list, but the label shows 29.7g of sugars per 100g, which come from the milk powder and glucose syrup.

Can I make it with hot milk instead of water? Yes. Hot water is all it needs, but hot milk gives a much richer cup; treat it as an upgrade rather than a requirement.

What size cup suits one sachet? A cup of around 180 to 200ml. Stretched across a large mug, one sachet loses both its body and its foam.

How should I sweeten an unsweetened cappuccino? Add sugar, honey or syrup to the dry mug with the powder before pouring; half a spoon of sugar tends to be enough.

How is it different from Kenco Original Cappuccino? Original is the sweetened Kenco cappuccino. This one has no sugar on its ingredient list, so the sweetening is left to you.

Curator's note: Try it plain first: the milk comes forward and the coffee is easier to find than in a sweetened sachet. If it still wants sugar after that, half a spoon in the dry mug does it. Lee, teas.co.uk, Tunbridge Wells.

In short: Kenco Unsweetened Cappuccino: what unsweetened means

Field	Detail
Brand	Kenco
Packs we stock	8 Sachets
Category	Instant Coffee

Field	Detail
Allergens (as published)	It contains milk.
Caffeine	caffeinated
Sugar in the recipe	None on the ingredient list
Sweeten with	Half a teaspoon of sugar in the dry cup, if at all
Best with	A sweet cookie on the side

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- [Tea for Coffee Drinkers: Where to Start](#)
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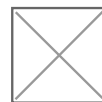
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