

Nescafé Cappuccino, 12 Sachets: The Everyday Box

From the teas.co.uk wiki

Nescafé Cappuccino, 12 Sachets: The Everyday Box, in summary: Twelve 15.5g sachets of lightly sweetened, milky instant coffee that need only hot water. It contains milk, smells of milk before coffee, and foams best when the water goes in fast from a height, with no stirring after.

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

The whole trick of an instant cappuccino is that the milk travels as a powder, so a kettle is the only equipment you need. Twelve sachets is the size worth leaving in the office, the caravan or an overnight bag.

Why the milk is in the powder

Sugar leads the published ingredient list. Skimmed milk powder (20%) comes next, then glucose syrup and instant coffee (12%), with coconut oil, lactose, acidity regulators, salt and natural flavourings after them. Because the milk is already there, the box needs no fridge and no jug, only a kettle and a mug. The flip side is plain: it contains milk, so a dairy-free household should look elsewhere.

Each sachet weighs 15.5g and makes one mug, so the box gives twelve drinks from 186g of powder. Hot water alone produces the intended drink, foam included. Made on hot milk it becomes much richer, which is worth trying at home, but think of that as a treat rather than a necessity.

Standard build, not a dessert sachet

This is the standard build, lightly sweetened rather than plain, and the fact that Nescafé sells a separate Unsweetened Taste version shows where it sits. Sugar cannot be lifted back out of a blended sachet, so anyone who prefers to control the sugar should go for the unsweetened box. The seven-sachet box of the standard Cappuccino suits a lighter week.

Compared with the dessert-style sachets, the coffee is easier to hear here, because a lot of sugar sits where the roast bitterness would be and crowds it out. The milk reaches your nose before the coffee does, and for a cappuccino that is how it should be. This is an everyday milky coffee, neither a barista drink nor a dessert.

Pour hard, then leave it alone

Tip the powder into a dry mug first. A wet mug makes it clump, and the lumps trap the aroma that should reach you with the first sip. Then pour the water quickly from a good height, since it is the impact of the water on the powder that whips up the head. Once the mug is full, leave the spoon in the drawer, as stirring only flattens what the pour has built.

Temperature is the other half of the job. A kettle left for about a minute after it switches off gives water at roughly 90°C, which suits milk powder far better than a full boil. Straight off the boil, the milk picks up a cooked, faintly tinny note, and that flavour accounts for most of the grumbles about instant milk drinks.

The packs we stock

- [Nescafe Cappuccino Instant Coffee Sachets, 12 Sachets 186g](#) (barcode 7613039779309)

What the label says

The published ingredient list for Nescafe Cappuccino Instant Coffee Sachets, 12 Sachets 186g (barcode 7613039779309) says it contains milk. Nescafé can change the everyday cappuccino recipe and milk warning, so read the 12 sachet box itself.

Ingredients, as published: Sugar, skimmed MILK powder (20%), glucose syrup, instant coffee (12%), coconut oil, lactose (MILK), acidity regulators (sodium bicarbonate, citric acid), salt, natural flavourings.

Typical values per 100g Per 100g

Energy	27 kcal
Fat	0.6g
of which saturates	0.5g
Carbohydrate	4.7g
of which sugars	3.6g
Fibre	0.3g
Protein	0.6g
Salt	0.1g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. Your box of 12 has the last word.

What to eat with it

- [Maryland Minis Cookies - Choc Chip 6 Mini Bags, 118.8g](#): six mini bags travel as easily as the sachets, for the office or the caravan.
- [McVitie's Hobnobs Milk Choc Jumbo Pack Biscuits, 431g](#): a big pack of oatly milk [chocolate biscuits](#) to match a big box of mugs.
- [Border Classic Biscuit Sharing Pack, 400g](#): a sharing pack of biscuits for the office tin, to go round alongside a box of twelve.

Elsewhere in the Nescafé range

- [Nescafe Azera Americano Decaff Instant Coffee, 90g](#)
- [Nescafe Azera Americano Instant Coffee, 140g](#)
- [Nescafe Azera Americano Intense Instant Coffee with Finely Ground Beans, 140g](#)
- [Nescafe Azera Decaf Americano Instant Coffee with Finely Ground Beans, 135g](#)
- [Nescafe Cappuccino Decaf Unsweetened Taste Instant Coffee Sachets, 7 Sachets 105g](#)
- [Nescafe Cappuccino Instant Coffee, 7 Sachets](#)

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

FAQ

How many cappuccinos are in the box? Twelve. Each sachet weighs 15.5g and makes one mug, 186g in total.

Is Nescafé Cappuccino suitable for a dairy-free diet? No. The milk is in the powder, and the allergen statement says it contains milk.

Can I make a Nescafé Cappuccino sachet less sweet? Not once it is mixed. Buy the Unsweetened Taste version and add sugar yourself if you want some.

Why does it smell more of milk than coffee? That is the right balance for a cappuccino; the milk solids carry most of the aroma.

Should I stir it after pouring? Try not to. The foam is created by the pour, and every stir afterwards knocks it down.

Curator's note: Dry mug, rested kettle, pour from a height and keep the spoon out of it. Do those four things and this box earns its place in the office cupboard. Lee, teas.co.uk, Tunbridge Wells.

In short: Nescafé Cappuccino, 12 Sachets: The Everyday Box

Field	Detail
Brand	Nescafé
Packs we stock	12 Sachets 186g
Category	Instant Coffee
Allergens (as published)	It contains milk.
Caffeine	caffeinated
Water	Kettle rested for a minute
Sweetness	Light, not dessert-sweet
Occasion	Office, caravan, overnight bag

More from the tea wiki

- [Nescafé: The Instant Coffee Benchmark](#)

- [Tea vs Coffee: Taste, Caffeine and Switching](#)
- [Caffeine in Tea](#)
- [Tea vs Coffee](#)
- [Tea for Coffee Drinkers: Where to Start](#)
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