

Nescafé Original 3 in 1, 12 Sachets: What Is in the Mix

From the teas.co.uk wiki

Nescafé Original 3 in 1, 12 Sachets: What Is in the Mix, in summary: Sugar leads the ingredient list, instant coffee makes up 11% and the milk ingredients sit well down it, which is why this drinks as a sweet white coffee rather than a latte. Twelve sachets, one small cup each.

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

Think of a 3 in 1 as ordinary instant coffee that comes pre-whitened and pre-sweetened, and the ingredient list shows exactly how that is done. Sugar and glucose syrup come first, the coffee third, and milk itself plays only a small part.

Sugar, syrup, then coffee

The published list for this barcode opens with sugar and glucose syrup, then instant coffee at 11%, then palm kernel oil and soluble fibre. Skimmed milk powder follows at just 0.7%, with milk proteins, lactose and milk fat further along among the stabilisers, emulsifiers and natural flavourings. It does contain milk, so it is not one for a household avoiding it, and the current pack is always the final word.

Read in that order, the label explains the taste. Sweetness arrives at once, with no rich milk base to hold it back; the coffee follows close behind, and the whitener pales the colour and softens the edges without adding weight. What you get is a thin, clean cup with a short, dry finish, which is why a second one an hour later never feels like too much.

Why it is not a latte sachet

Latte sachets are milky drinks with coffee in them. A 3 in 1 turns that round: it is a coffee first, simply delivered white and sweet. The ingredient families are broadly similar, the balance is not, and the difference is obvious in the mouth, since this is thinner and more coffee-forward than a latte sachet. Which of the two you actually want should decide which box you pick up.

Among the Nescafé lines we carry, the Caramel Latte sachets sit on the milky, flavoured side of that divide, while the Cappuccino Unsweetened Taste sachets, going by their name, suit anyone who does not want sweetness settled in advance. This carton is for the drinker who simply wants a sweet white coffee with

nothing built up around it, and who wants it without a fridge.

Making twelve good cups

Use about 150 to 180ml of water per sachet. Pour one into a big 250ml mug and it will taste thin, which is where most complaints about the format come from; a smaller cup fixes it. Whitener copes with heat better than milk powder does, so this is a forgiving sachet, although water at around 90 degrees is still a little kinder than a rolling boil.

Stir it properly, right down to the bottom of the cup. There is no foam to protect here, and sugar that settles makes the last mouthful syrupy. For a stronger cup, a little extra instant from a jar stirred into the dry powder works well, because coffee is the part this format holds back. Twelve sachets suit a desk drawer, a spare room or the car.

The packs we stock

- [Nescafe Original 3 in 1 Instant Coffee 12x16g](#) (barcode 8445291371156)

What the label says

The published ingredient list for Nescafe Original 3 in 1 Instant Coffee 12x16g (barcode 8445291371156) says it contains milk. Check the 12 sachet 3 in 1 box before buying, as Nescafé may change the mix and its milk warning.

Ingredients, as published: sugar, glucose syrup, instant coffee (11%), palm kernel oil, soluble fibre, skimmed milk powder (0,7%), milk proteins, salt, stabilisers (e331, e452), lactose (milk), acidity regulator (e340), emulsifiers (e471, e472e), natural flavourings, milk fat.

Typical values per 100g Per 100g

Energy	31.7 kcal
Fat	0.9g
of which saturates	0.7g
Carbohydrate	5.6g
of which sugars	4.1g
Fibre	0.5g
Protein	0.1g
Salt	0g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The 3 in 1 box of 12 you hold settles it.

What to eat with it

- [McVitie's Hobnobs Milk Chocolate Biscuits, 262g](#): A sturdy milk [chocolate](#) biscuit brings the body that a thin, sweet coffee leaves out.

- [Border Dark Chocolate Ginger Organic Biscuits, 150g](#): Dark chocolate and ginger add a bitter, warming edge that stops two sweet things blurring into one.
- [Maryland Minis Cookies - Choc Chip 6 Mini Bags, 118.8g](#): Mini bags travel as easily as the sachets do, which makes them a natural pair for a work bag or a glovebox.

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

What are the three things in Nescafé 3 in 1? Coffee, whitener and sugar. The label lists sugar first, then glucose syrup, then instant coffee at 11%.

Does Nescafé Original 3 in 1 contain milk? Yes. The published ingredient list includes skimmed milk powder, milk proteins, lactose and milk fat, so check the current pack if milk matters to you.

Why does it taste thinner than a latte sachet? The milk content is small and the whitener lightens rather than thickens. It is built as a coffee, not as a milk drink.

How much water should each sachet get? About 150 to 180ml. A bigger mug dilutes the coffee, the sugar and the whitener all at once.

How many cups are in the carton? Twelve. There are twelve 16g sachets, 192g in all, and each makes one cup.

Curator's note: Keep the cup small and stir it like you mean it. Judged as a sweet white coffee for somewhere without a fridge, it does exactly what it sets out to do. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Nescafé Original 3 in 1, 12 Sachets: What Is in the Mix

Field	Detail
Brand	Nescafé
Packs we stock	Nescafe Original 3 in 1 Instant Coffee 12x16g
Category	Instant Coffee
Allergens (as published)	It contains milk.
Caffeine	caffeinated
Style	Sweet white coffee, not a latte

Field	Detail
Water	150 to 180ml per sachet

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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