

Cadbury Fingers White Chocolate: pairing the sweetest finger

From the teas.co.uk wiki

Cadbury Fingers White Chocolate: pairing the sweetest finger, in summary: A slim biscuit stick sealed in white chocolate, with no cocoa bitterness to temper the sugar. That puts the work on the cup: strong unsweetened tea, espresso or something spiced. Chill briefly and skip the dunk.

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

White [chocolate](#) has no cocoa solids, so nothing in this biscuit pushes back against the sugar.

Whatever you drink alongside has to do that job, and choosing well is the difference between cloying and just right.

No cocoa, no brake

The published ingredient list for this barcode shows why the white version tastes the way it does: wheat flour, sugar, cocoa butter, palm oil and whole milk powder, but no cocoa mass anywhere. Cocoa solids are where chocolate gets its bitterness, so a white coat brings creaminess, milk and a faint vanilla-like smell, and nothing to temper the sweetness.

Because a finger is coated on every side, that coat is most of what you eat, with the thin shortcake stick underneath acting as a spine and a snap. Beside the Dairy Milk Finger in the same 114g size, this is the sweeter, milkier one; beside the salted caramel flavour, it is the one with nothing at all to pull it back.

Acidity, tannin or spice

Bitterness is not the only thing that cuts sweetness; acidity and tannin do it too. A strong breakfast tea with only a splash of milk supplies the tannin. A short espresso supplies bitterness. A spiced [rooibos](#) [chai](#) brings warmth and a dry edge that stops the cream from coating your mouth, and a sharp fruit infusion, lemon or hibiscus, works on the same principle.

What to avoid is anything sweet and milky. [Hot chocolate](#), a vanilla latte or a sugared tea just add to the sweetness, and after a finger or two everything starts to taste of sugar alone. Leave the sugar bowl in the

cupboard on the days these come out.

Keeping the snap

White chocolate starts to give at the warmth of a hand, and with so much of it on each finger they turn sticky quickly in a warm room. A short spell in the fridge, around ten minutes, firms the coat again. Standing them upright in a glass, rather than laying them on a warm plate, keeps them apart and easy to pick up.

Keep them out of the mug. A white coat that softens in a warm hand stands no chance in hot tea, and a melted finger loses the snap that is half the pleasure of eating one. This is the sort of biscuit passed round at birthdays and christenings, where the children clear the plate and so do the adults who claimed they were fine.

The packs we stock

- [Cadbury Fingers White Chocolate Covered Biscuits, 114g](#) (barcode 7622201450335)

What the label says

The published ingredient list for Cadbury Fingers White Chocolate Covered Biscuits, 114g (barcode 7622201450335) says it contains wheat (gluten), milk and soya. Should the White Chocolate Fingers be reformulated, the new UK packet will say so; go by whichever is on sale when you shop.

Ingredients, as published: Wheat flour (with calcium, iron, niacin, thiamin), sugar, cocoa butter, palm oil, whole milk powder, lactose and milk proteins, partially inverted sugar syrup, salt, emulsifiers (soya lecithins, E476), raising agents (ammonium carbonates, sodium carbonates), flavouring.

Typical values per 100g Per 100g

Energy	528 kcal
Fat	29g
of which saturates	16g
Carbohydrate	60g
of which sugars	33g
Fibre	1.6g
Protein	6.2g
Salt	0.5g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The packet you hold is the last word on the White Chocolate Fingers.

What to drink with it

- [Hyson Premium Breakfast Tea, 100 Tea Bags 180g](#): a strong breakfast tea whose tannin, with little or no milk, cuts straight through a sweet white coat.

- [Good Earth Rooibos Chai, 15 Tea Bags 34.5g](#): warm spice gives creamy white chocolate the edge it lacks on its own.
- [L'Or Espresso Ristretto Intensity 11 Coffee, 40 Pods 208g](#): a short, intense espresso to supply the bitterness that white chocolate leaves out.
- [Twinings Everyday 120 Plant-Based, 348g](#): an everyday pot for a party table, brewed strong and served without sugar.

Elsewhere in the Cadbury range

- [Cadbury Animals Multipack Mini Chocolate Biscuits, 5 Biscuits 99.5g](#)
- [Cadbury Dairy Milk Fingers Milk Chocolate Biscuits Tray, 189g](#)
- [Cadbury Dairy Milk Fingers Milk Chocolate Covered Biscuits, 114g](#)
- [Cadbury Dairy Milk Fingers Salted Caramel Flavour Biscuits, 114g](#)
- [Cadbury Mini Fingers Multipack Chocolate Biscuits, 5 Biscuits 96.5g](#)
- [Cadbury Snack Chocolate Covered Shortcake Multipack Biscuits, 5 x 20g](#)

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

FAQ

Is white chocolate really chocolate? It is built on cocoa butter, milk and sugar, with the cocoa solids left out. That leaves it pale and without any bitterness.

What should I drink with white chocolate fingers? Something with an edge: a strong unsweetened [black tea](#), an espresso or a spiced rooibos chai. Avoid hot chocolate and sweet lattes.

Why do white chocolate fingers go sticky in the hand? Hand warmth is enough to soften white chocolate. Chill them briefly and serve them standing in a glass.

What allergens are in Cadbury White Chocolate Fingers? The label for this barcode lists wheat, milk and soya, so they are neither vegan nor gluten-free.

Should I choose white or milk chocolate fingers? Milk for a mixed room; white for children and anyone with a sweet tooth, with a strong cup alongside.

Curator's note: Put these out with a pot of strong tea, no sugar anywhere near it, and let the children at them first. The adults will follow soon enough. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Cadbury Fingers White Chocolate: pairing the sweetest finger

Field	Detail
Brand	Cadbury
Packs we stock	114g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten), milk and soya.
Dunkable	No, the coat slides off

Field	Detail
Best with	Strong unsweetened tea or a spiced rooibos
Occasion	Birthdays, christenings and buffets

More from the tea wiki

- [Tea and Biscuits](#)
- [Biscuit Dunking Physics: The Real Science](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
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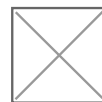
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