

McVitie's Dark Chocolate Digestives: the dunking biscuit

From the teas.co.uk wiki

McVitie's Dark Chocolate Digestives: the dunking biscuit, in summary: The 266g dark chocolate digestive is built to dunk: a thick, porous wheatmeal base with chocolate on one face only. Chocolate side up, tea just off the boil, one quick dip, then eat it immediately.

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

No other [chocolate](#) biscuit on our shelves is shaped so plainly around the cup as the chocolate digestive. Its coarse wheatmeal base drinks tea evenly, and the dark chocolate on top becomes a raft that holds the whole thing together.

Why this biscuit survives the mug

Two features do the work. The base is a thick disc of coarse wheatmeal, open-textured enough that hot tea spreads through all of it at once rather than weakening one spot until it snaps. Chocolate covers just the top, so the underside soaks while the set coating keeps the biscuit in one piece. [Biscuits](#) that are enclosed in chocolate, or solid all the way through, tend to fall apart in the cup instead.

The published ingredient list shows how much of this is biscuit. Flour leads at 39%, with wholemeal wheat flour further down at 9%, and the plain chocolate makes up 30%. The list names wheat, milk and soya as allergens. That balance, more base than coating, is why the dark version tastes of biscuit at least as much as it tastes of chocolate.

The right way to dunk

Hold it chocolate side up and let the kettle settle for a minute or two first. One clean dip, in and out without stirring, then straight into your mouth. It is the movement, not the seconds, that shatters a wet crumb, and a dunked biscuit never recovers if it is left waiting on a saucer while you finish a conversation. Water fresh from the boil is harder on it than a slightly cooled cup.

Going dark also shifts the balance of flavour. On the milk version the coating leads and the base plays second fiddle. Dark chocolate is more reserved, which lets the wheatmeal speak: nutty, slightly savoury, with a thread of salt. That makes this the chocolate digestive for people who actually like biscuits, and it is only moderately sweet for a chocolate biscuit, with the base doing half the work.

Cheese, coffee and the open packet

The dark version has a second life on the cheeseboard. Its savoury base can take a slice of mature cheddar, and the bitter dark coating keeps the pairing from tipping into pudding territory; the milk chocolate version cannot pull off either trick. It sounds unlikely, so try it once with a strong cheddar and a pot of breakfast tea before deciding.

An opened packet does not keep long, because the open-textured base soaks up damp from the air more quickly than any wrapped or enclosed biscuit. Fold the wrapper tight or move the rest into an airtight tin. McVitie's has made its digestive since Alexander Grant created it in 1892, and the chocolate version followed in 1925, so this is a biscuit with a very long record beside the British teapot.

The packs we stock

- [McVitie's Dark Chocolate Digestive Biscuits, 266g](#) (barcode 5000168194127)

What the label says

The published ingredient list for McVitie's Dark Chocolate Digestive Biscuits, 266g (barcode 5000168194127) says it contains wheat (gluten), milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Flour 39% (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Plain Chocolate 30% (Sugar, Cocoa Mass, Vegetable Fats (Palm, Sal and/or Shea), Butter Oil (Milk), Cocoa Butter, Emulsifiers (Soya Lecithin, E476), Natural Flavouring), Vegetable Oil (Palm), Wholemeal Wheat Flour 9%, Sugar, Glucose-Fructose Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt.

Typical values per 100g Per 100g

Energy	495 kcal
Fat	24.2g
of which saturates	12.8g
Carbohydrate	60.8g
of which sugars	27.6g
Fibre	4.2g
Protein	6g
Salt	0.9g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): a strong, malty breakfast blend with milk, the classic cup for a proper [dunk](#).

- [Twinings English Breakfast Decaffeinated 40, 109g](#): decaffeinated [English breakfast](#), so a dunk late in the evening still has a proper cup behind it.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): a Nespresso-compatible espresso capsule for a short black coffee beside a biscuit that is not too sweet.

Elsewhere in the McVitie's range

- [McVitie's Club Layers Orange, 39g](#)
- [McVitie's Club Mint Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Orange Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Salted Caramel Flavour Biscuit Bars Multipack, 7 x 22g](#)
- [McVitie's Digestive Pink Raspberry & Cream Flavour, Limited Edition, 232g](#)
- [McVitie's Digestives Biscuits The Light One, 250g](#)

The full range is on the [McVitie's brand page](#).

FAQ

Why do chocolate digestives dunk better than other chocolate biscuits? The base is thick and porous so it soaks evenly, and the chocolate sits on one face only, holding the biscuit together while the other side takes the tea.

How long should you dunk a dark chocolate digestive? A single quick dip is enough, with the tea slightly off the boil. Avoid stirring it around, which is what breaks the crumb.

How long has McVitie's made chocolate digestives? McVitie's created the Chocolate Digestive in 1925, building on the plain digestive that Alexander Grant devised at the firm in 1892.

What is in a McVitie's dark chocolate digestive? Flour leads the published list at 39%, plain chocolate makes up 30% and wholemeal wheat flour 9%. Wheat (gluten), milk and soya are the named allergens, so dark does not mean dairy-free here.

Can you eat a chocolate digestive with cheese? The dark one, yes. Its savoury base and bitter coating suit a mature cheddar far better than the milk chocolate version does.

Curator's note: Chocolate side up, one clean dip, and eat it before it has time to think about it. Then try the next one with a sliver of mature cheddar, because it is better than it sounds. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: McVitie's Dark Chocolate Digestives: the dunking biscuit

Field	Detail
Brand	McVitie's
Packs we stock	266g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten), milk and soya.

Field	Detail
Dunkable	Yes, chocolate side up, one quick dip
Best with	A strong breakfast tea with milk
Surprise pairing	Mature cheddar

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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