

McVitie's Digestives The Light One

From the teas.co.uk wiki

McVitie's Digestives The Light One, in summary: McVitie's lighter, reduced-sugar plain digestive in a 250g pack. With no coating it is the kitchen digestive: good under cheese, crushed for a cheesecake base, and dunkable for a count of two.

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

Take the [chocolate](#) off a digestive and it becomes useful in ways a coated one never is, and this is the version McVitie's makes lighter. Its label gives 8.9g of sugars per 100g, and the published ingredient list names wheat (gluten) as the allergen.

What the label shows

Flour leads the published ingredient list at 58%, followed by vegetable oils and then wholemeal wheat flour at 16%. Polydextrose comes before sugar on the list, with partially inverted sugar syrup after it, and the nutrition panel gives 8.9g of sugars and 7.9g of fibre per 100g. The Light One is the lighter, reduced-sugar member of the digestive family, and the pack in your hand has the final word on the recipe.

The defining thing about a digestive is texture rather than taste: coarse wheatmeal you can feel on the tongue, instead of fine white flour. That grind gives the sandy break, a dry finish that fades away rather than clinging, and a faint savoury note that keeps the biscuit from tasting like a pudding. With nothing on top, all of it comes through, starting with the lightly toasted surface of the bake.

The kitchen digestive

Low sweetness and a rough, slightly savoury crumb make this a natural partner for sharp cheddar, standing up to it where a sweeter biscuit would simply be lost. Crushed and bound with melted butter, it makes a firm cheesecake base, as the coarse crumbs grip the fat better than fine ones and set solid rather than sandy. It works as a crumble topping too, rubbed into butter and scattered over fruit.

[Dunking](#) needs a lighter touch than with a chocolate digestive. Without chocolate to shield one side, tea gets in through both faces, so the window is short: a count of two rather than five. Let the kettle rest briefly, dip once without stirring and eat it immediately. Boiling water will have it in pieces before you have noticed anything is wrong.

Choosing it over the chocolate versions

Alongside the uncoated Original twin pack, we stock dark chocolate digestives, milk and dark twin packs, chocolate minis and a limited-edition pink one, so why buy a plain digestive at all? Chocolate gives you more time in the tea and more sugar; the plain one gives you [cheese](#), crumble and cheesecake. Keep the chocolate versions for the tea tray and a plain one in the kitchen cupboard, where it suits breakfast as readily as the afternoon cup; The Light One is the pick when you want the lighter, reduced-sugar version.

[Storage](#) matters more here than with any coated biscuit. An uncoated, porous base is sensitive to damp air, so fold the inner wrapper closed or tip the rest into a tin as soon as the pack is open. Pour a strong breakfast tea with milk for the classic cup, or something softer, such as a vanilla [rooibos](#), when you want the toasted wheat to lead.

The packs we stock

- [McVitie's Digestives Biscuits The Light One, 250g](#) (barcode 5000168000589)

What the label says

The published ingredient list for McVitie's Digestives Biscuits The Light One, 250g says it contains wheat (gluten). Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Flour (58%) (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oils (Sunflower, Palm), Wholemeal Wheat Flour (16%), Polydextrose, Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Potassium Bicarbonate, Ammonium Bicarbonate), Starch, Salt, Emulsifiers (Sunflower Lecithin, E472e), Natural Flavouring, Potassium Chloride, Magnesium Chloride.

Typical values per 100g Per 100g

Energy	464 kcal
Fat	19.1g
of which saturates	2.8g
Carbohydrate	61.6g
of which sugars	8.9g
Fibre	7.9g
Protein	7.3g
Salt	0.66g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to drink with it

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): a sturdy breakfast teabag with milk, brewed full strength, for the brief dunk a plain digestive allows.
- [Yorkshire Tea Cherry Bakewell Brew, 40 Tea Bags 112g](#): a flavoured [black tea](#) that brings a bakery note to a plain, barely sweet biscuit.

- [Dragonfly Organic Vanilla Rooibos, 40 Tea Bags 100g](#): a soft vanilla rooibos that lets the toasted wheat of the digestive take the lead.

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 Dark Chocolate Digestive Biscuits, 266g](#)
- [McVitie's Digestive Pink Raspberry & Cream Flavour, Limited Edition, 232g](#)

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

FAQ

What is different about The Light One? It is McVitie's lighter, reduced-sugar take on the plain digestive; the label gives 8.9g of sugars per 100g.

How long can you dunk a plain digestive? Count to two. Without a coating, tea soaks in from both sides, so it softens much faster than a chocolate digestive.

Is it good for a cheesecake base? Yes, it is the standard choice. The coarse wheatmeal crumb holds melted butter and sets firm.

Is The Light One gluten-free? No. The published ingredient list for this product says it contains wheat (gluten). Check the current pack before buying.

How should I store an opened pack? Close the inner wrapper or move the [biscuits](#) to an airtight tin, because an uncoated base picks up moisture quickly.

Curator's note: Keep this one in the kitchen cupboard rather than on the biscuit plate. It is the digestive I would reach for with a slice of sharp cheddar, or crush for a cheesecake base. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Digestives The Light One

Field	Detail
Brand	McVitie's
Packs we stock	250g
Category	Biscuits
Allergens (as published)	It contains wheat (gluten).
Dunkable	Yes, for a count of two
Best with	Sharp cheddar and a strong breakfast tea
Kitchen use	Cheesecake bases and crumble toppings

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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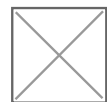
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