

McVitie's Iced Gems Candy Floss: A Flavour With No Anchor

From the teas.co.uk wiki

McVitie's Iced Gems Candy Floss: A Flavour With No Anchor, in summary: A hard piped icing swirl, larger than the plain biscuit under it, flavoured with sweetness and a faint floral lift. Keep the packets sealed, never dunk them, and put something sharp on the plate.

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

Candy floss is a flavour without an anchor: no bitterness, no acidity and nothing savoury, only sweetness with a light perfume on top. How these Iced Gems are eaten, stored and paired all follows from that.

A swirl bigger than its biscuit

An Iced Gem is two parts of very unequal size. At the bottom is a small, dry disc of plain biscuit whose only job is crunch. On top sits a piped swirl of icing that outsizes it and carries the whole of the flavour. Children grasp the imbalance straight away and treat the swirl as the main event, which is simply reading the product correctly.

The published ingredient list is short. Wheat flour and sugar lead it, followed by palm oil, a raising agent, salt, milk protein and natural flavouring, and it closes with vegetable extracts from radish and spirulina. The allergen statement for this product lists wheat (gluten) and milk, and the pack you are holding is always the final word.

Why candy floss eats differently from chocolate

Most biscuit flavours give the palate something to push against. Cocoa brings a bitter edge, fruit brings sharpness and caramel brings a toasted note. Candy floss brings none of those, so the last gem in a packet tastes exactly like the first. That is not a fault; it is the nature of the flavour, and it is why a small handful is enough and why many adults find it odd.

Set beside the [chocolate](#) flavour Iced Gems, this is the less balanced of the two in our view, because cocoa gives the sweetness a background to sit against. For a child with no stated preference, the original plain

swirl is the safe choice. Pick candy floss when that particular flavour has been asked for by name, or when the perfumed sweetness is itself the treat.

Sealed packets, damp air and the no-dunk rule

Hard icing pulls moisture out of humid air, and once it turns tacky it loses the clean crack that makes an Iced Gem worth eating. That is the reason the 115g pack is split into five sealed packets. Open one at a time, let it be finished in one sitting, and the others stay crisp. The format suits lunchboxes and party bags far better than a single open bag would.

Do not [dunk](#) them. Sugar icing does not soften gradually the way a chocolate coating does; it dissolves the moment it meets a hot drink, leaving bare crumbs and a very sweet mug. Serve them dry, ideally with a few berries or a slice of orange alongside, because something sharp resets the palate better than another mouthful of tea.

The packs we stock

- [McVitie's Iced Gems Candy Floss Flavour, 5 Pack 115g](#)

What the label says

The published ingredient list for McVitie's Iced Gems Candy Floss Flavour, 5 Pack 115g says it contains wheat (gluten) and milk. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Palm Oil, Raising Agent (Sodium Bicarbonate), Salt, Milk Protein, Natural Flavouring, Vegetable Extracts (Radish, Spirulina).

Typical values per 100g Per 100g

Energy	399 kcal
Fat	3.3g
of which saturates	1.4g
Carbohydrate	86.1g
of which sugars	49.0g
Fibre	2.1g
Protein	5.2g
Salt	0.68g

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

- [Clipper Fairtrade Everyday Tea, 80 Pack 232g](#): An everyday [black tea](#) with milk for the grown-ups at the party table, plain enough to leave the sweetness alone.

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): A brisk, strong cup whose grip cuts through a sugar-heavy handful better than a gentle blend can.
- [Yorkshire Tea Bedtime Brew, 40 Tea Bags 100g](#): A decaffeinated cup for the adult sitting in on an after-school or early evening treat.
- [Dragonfly Organic Cape Chai Rooibos, 40 Tea Bags 80g](#): Warm spice gives the floral sweetness a second note to lean on, which it otherwise lacks.

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 does candy floss flavour taste like on an Iced Gem? Plain sweetness with a light floral lift and nothing behind it, no bitterness and no sharpness. The flavour lives in the icing swirl; the biscuit base underneath is plain.

Is there milk in candy floss Iced Gems? Yes. Milk protein is on the published ingredient list, and the allergen statement for this product gives wheat (gluten) and milk. Check the current pack before buying, as recipes can change.

How is the pack divided? Five sealed packets, 115g in total. The number of gems in each packet is not published, so we do not give one.

Who are candy floss Iced Gems best for? Children who have asked for that flavour by name, and party bags or lunchboxes where one sealed packet makes one portion.

What happens if you dip one in tea? The icing dissolves almost at once and the tiny biscuit is left bare, so these are strictly a dry treat.

Curator's note: Hand these to whoever asked for them and put a bowl of berries next to the packets. Grown-ups tend to find the perfumed sweetness strange and children find it thrilling, and the children are the audience. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Iced Gems Candy Floss: A Flavour With No Anchor

Field	Detail
Brand	McVitie's
Packs we stock	5 Pack 115g

Field	Detail
Category	Biscuits
Allergens (as published)	It contains wheat (gluten) and milk.
Dunkable	No, the icing dissolves
Best for	Lunchboxes and party bags
Serve with	Something sharp, such as berries or orange

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 \(If You Get It Right\)](#)
- [Tea and Food Pairing: The Five Principles](#)

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