

McVitie's Milk Chocolate Digestives: The Benchmark Biscuit

From the teas.co.uk wiki

McVitie's Milk Chocolate Digestives: The Benchmark Biscuit, in summary: A coarse, faintly salty wheatmeal round, coated in milk chocolate on one side and left bare underneath. Dunk chocolate side up for about three seconds, pour a strong tea with milk, and tin the pack from day one.

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

Every other [chocolate](#) biscuit on our shelf gets measured against this one, and the reason is the **bare side**. Leaving one face uncoated is what lets tea in, and the whole British habit of [dunking](#) rests on that decision.

One coated face, and why it matters

The balance is the thing. There is enough salt in the coarse base to keep the chocolate from reading as plain sugar, so the biscuit eats far less sweet than one coated all over, and a third one tends to vanish without anyone deciding to eat it. A biscuit enrobed on every side has no way for tea to get in; this one has a whole face open.

Alexander Grant created McVitie's Digestive in 1892, and the chocolate version followed in 1925, with its centenary marked in 2025. The build has stayed simple: flour, milk chocolate, palm oil, wholemeal wheat flour, sugar, glucose-fructose syrup, raising agents and salt, per the published list. The allergen statement for this barcode names wheat (gluten) and milk.

How to dunk it well

Hold it chocolate side up and count to three. With a freshly poured mug, two is safer; with tea that has stood a while, four is fine. The crumb is not what fails first. The chocolate softens, loses its hold and slides, so keep an eye on the coating rather than the biscuit.

It is one of the few [biscuits](#) sturdy enough for a properly strong [black tea](#) with milk, the malty breakfast sort of cup. A weak brew does it no favours, because the salt and wheat of the base want something with body

alongside. A robust coffee works too, if that is your morning habit.

Choosing the pack size

An opened pack goes soft within days rather than weeks, faster still in a steamy kitchen, and the snap never returns. Clip the wrapper or tip the biscuits into a tin from the very first day, not the day you notice them bending.

That is the case for the 266g pack. It suits a household of one or two who will finish it while it still snaps, where half of a larger pack can go soft before anyone reaches it. We also list a 433g pack for bigger or faster households, and the twin pack puts two 266g packs together, so one stays sealed while the other is being eaten.

The packs we stock

- [McVitie's Milk Chocolate Digestives Biscuits, 266g](#) (barcode 5000168194189)

What the label says

The published ingredient list for McVitie's Milk Chocolate Digestives Biscuits, 266g (barcode 5000168194189) says it contains wheat (gluten) and milk. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Flour, Milk Chocolate, Palm Oil, Wholemeal Wheat Flour, Sugar, Glucose-Fructose Syrup, Raising Agents, Salt.

Typical values per 100g Per 100g

Energy	496 kcal
Fat	23.6g
of which saturates	12.4g
Carbohydrate	62.5g
of which sugars	28.5g
Fibre	3g
Protein	6.7g
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

- [PG Tips English Breakfast Special Blends Speciality Black, 70 Tea Bags](#): A strong [English breakfast](#) with milk, the kind of cup this biscuit was built to meet.
- [Yorkshire Tea Original Loose Leaf Tea, 250g](#): A full pot of a robust everyday blend, left to stand a little so you can take the four-second dunk.

- [L'Or Espresso Ristretto Intensity 11 Coffee, 40 Pods 208g](#): A strong espresso pod for coffee drinkers, its bitterness setting off the milk chocolate face.
- [Kenco Smooth Instant Coffee Paper Refill, 150g](#): A smooth instant coffee with milk for a quick mid-morning biscuit break.

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

Why are chocolate digestives only coated on one side? Because the bare face is what lets tea in. A biscuit coated all over cannot take up liquid, so it cannot be dunked in the same way.

How long can you dunk a milk chocolate digestive? About three seconds, chocolate side up; two in a just-boiled mug, four in tea that has been standing. Watch the chocolate, since that goes first.

Where does the name digestive come from? It is an old Victorian name linked to an idea about the bicarbonate of soda in the dough. Treat it as a name only; this is a sweet wheatmeal biscuit.

When were chocolate digestives first made? McVitie's created the Chocolate Digestive in 1925, building on the Digestive that Alexander Grant created in 1892.

Should I buy the 266g pack or a bigger one? Buy the size you will finish while the biscuits still snap. For one or two people that is usually the 266g pack.

Curator's note: You can bake a fair shortbread at home, but not this: the milled wheatmeal and the set coating are factory skills. Keep a tin of these, brew the tea strong and do not overthink it. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Milk Chocolate Digestives: The Benchmark Biscuit

Field	Detail
Brand	McVitie's
Packs we stock	266g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten) and milk.
Dunkable	Yes, about three seconds, chocolate side up
Best with	Strong black tea with milk

Field

Detail

Pack to pick

266g for one or two people

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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