

Nescafé Dolce Gusto Flat White: The One-Pod Milk Coffee

From the teas.co.uk wiki

Nescafé Dolce Gusto Flat White: The One-Pod Milk Coffee, in summary: One capsule, one drink: the Flat White carries its milk and coffee in the same pod. It is smaller and stronger than a latte, contains milk, and suits a cup of roughly 160 to 200ml.

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

The cappuccino and latte drinks on a Dolce Gusto machine take two capsules a cup; the Flat White takes one. That keeps the box count simple, sixteen pods for sixteen cups or thirty for thirty, and leaves nothing to load in the wrong order.

What is sealed inside the capsule

The published ingredient list explains the one-pod trick. Whole milk powder makes up most of the capsule, with soluble coffee, sugar, stabilisers and butter oil alongside it, so the machine drives hot water through a capsule that already holds a complete milk coffee rather than brewing one pod and frothing another. Water goes in the tank, and the line marked on each capsule shows where to stop.

Because the milk lives in the pod, it is dairy or nothing: a household on oat or soya cannot swap it at the machine, and the published allergen statement names milk. The sweetness is gentle and reads more like milk than syrup, though sugar is on the list for anyone keeping count. What you gain in return is speed, a single capsule to throw away and no chance of loading two pods in the wrong sequence.

Flat white, latte or cappuccino?

What separates the three drinks is how much milk goes in and how much foam sits on top. Of the three, the flat white is the shortest and punchiest, with a modest amount of milk, only a fine layer of foam and the roast still audible instead of being buried. A latte is longer and milder, and a cappuccino wears a deep cap of foam that makes it drink lighter in the mouth. If a latte tastes like warm milk to you, this is the capsule to try.

Within the Dolce Gusto range the difference shows on the box too. The cappuccino and latte drinks pair a coffee capsule with a milk capsule, so sixteen pods make eight cups, in return for a bigger, foamier drink. The Americano capsule is black and leaves the milk to you, which wins on control. The Flat White arrives finished, which wins on the mornings when control is the last thing you want.

Getting the cup right, and which box to buy

Use a cup of about 160 to 200ml rather than your largest mug. The capsule is dosed for a short milk coffee, and stretching it with extra water thins the coffee first, which defeats the reason you chose a flat white. Drink it soon after brewing, too: milk fat holds the coffee aroma back and releases it slowly as you sip, and the thin foam carrying the rest settles within a couple of minutes.

Both boxes hold the same Flat White capsule; only the count differs. The sixteen pod box is the one to pick if you are still deciding if you like it, or if the machine is shared with people who mostly drink tea. The thirty-pod box suits a daily habit and means fewer reorders. Either way one capsule is one cup, so the number on the front is the number of drinks you get.

The packs we stock

- [Nescafe Dolce Gusto Flat White Coffee \(16 Servings\), 16 Pods](#) (barcode 7613036474832)
- [Nescafe Dolce Gusto Flat White Coffee \(30 Servings\), 30 Pods](#) (barcode 8445290399571)

What the label says

The published ingredient list for Nescafe Dolce Gusto Flat White Coffee (30 Servings), 30 Pods says it contains milk. Check the 30 pod Flat White box on sale now, as Nescafé may change the recipe and its milk warning.

Ingredients, as published: Whole Milk Powder (71,3%), Soluble Coffee (13,7%), Sugar (12,8%), Stabilisers (Dipotassium Phosphate, Trisodium Citrate), Butter Oil (Milk).

Typical values per 100ml Per 100ml

Energy	27 kcal
Fat	1,4g
of which saturates	0,8g
Carbohydrate	2,3g
of which sugars	2,2g
Fibre	0,4g
Protein	1,2g
Salt	0,04g

Ingredient and nutrition information for this product, as published on the manufacturer's label. Your Flat White box has the last word.

What to eat with it

- [Lu Le Petit Cookie with Chunky Rich Chocolate Chips, 184g](#): chunky [chocolate](#) chips give a bittersweet bite that the roast in a flat white can stand up to.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): butterscotch picks up the cooked-sugar note in the warm milk, a neat match for a short, gently sweet cup.

- [Maryland Minis Cookies - Choc Chip 6 Mini Bags, 118.8g](#): one mini bag per cup suits a mid-morning flat white at a desk.

Elsewhere in the Nescafé range

- [Nescafe Azera Americano Decaff Instant Coffee, 90g](#)
- [Nescafe Azera Americano Instant Coffee, 140g](#)
- [Nescafe Azera Americano Intense Instant Coffee with Finely Ground Beans, 140g](#)
- [Nescafe Azera Decaf Americano Instant Coffee with Finely Ground Beans, 135g](#)
- [Nescafe Cappuccino Decaf Unsweetened Taste Instant Coffee Sachets, 7 Sachets 105g](#)
- [Nescafe Cappuccino Instant Coffee, 7 Sachets](#)

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

FAQ

How many drinks does a box of Dolce Gusto Flat White make? One per capsule. The sixteen-pod box makes sixteen cups and the thirty-pod box makes thirty.

Does the Flat White capsule contain milk? Yes. Whole milk powder is the main ingredient and the published allergen statement names milk, so it is not one for a dairy-free household.

Will Flat White capsules fit a Nespresso or Tassimo machine? No. Dolce Gusto is a closed system, so these capsules suit Nescafé Dolce Gusto machines alone, and Nespresso, Tassimo or A Modo Mio capsules will not go into a Dolce Gusto either.

Is the Dolce Gusto Flat White sweetened? Sugar is on the ingredient list, but the sweetness comes across as gentle, closer to milk than to a sugary drink.

What size cup should I use? Something around 160 to 200ml. A big mug dilutes the coffee and turns it into a weak latte.

Curator's note: This is the milk coffee I would point most people towards first: enough coffee to know what you are drinking, not so much milk that it disappears. Keep it in a proper-sized cup and it earns its place. Lee, teas.co.uk, Tunbridge Wells.

In short: Nescafé Dolce Gusto Flat White: The One-Pod Milk Coffee

Field	Detail
Brand	Nescafé
Packs we stock	16 Pods; 30 Pods
Category	Coffee Pods & Capsules
Allergens (as published)	It contains milk.
Caffeine	caffeinated
Pods per cup	One
Cup size	About 160 to 200ml

Field

Detail

Best for

Latte drinkers who want more coffee in the cup

More from the tea wiki

- [Nescafé: The Instant Coffee Benchmark](#)
- [Tea vs Coffee: Taste, Caffeine and Switching](#)
- [Caffeine in Tea](#)
- [Tea vs Coffee](#)
- [Tea for Coffee Drinkers: Where to Start](#)
- [Chai vs Coffee](#)

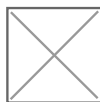
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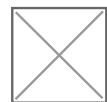
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