

White chocolate mice

From the sweeties.net wiki

White mice are small, mouse shaped sweets flavoured like white chocolate. In the three UK listings here, though, they are not chocolate at all: they are a white chocolate flavour candy made with palm fat.

What is in them

White Mice, as listed by Sweets and Candy. Sugar, palm fat, whey powder from cows' milk, wheat flour with added calcium, iron, niacin and thiamin, soya and rapeseed lecithins as emulsifiers, and natural flavourings. The retailer describes them as white chocolate flavour candy and lists them as suitable for vegetarians.

Hannah's White Mice, as recorded by Open Food Facts. Sugar, palm fat, whey powder from milk, wheat flour with added calcium, iron, niacin and thiamin, rapeseed lecithin, and natural flavourings.

White Mice, 140 g, as recorded by Open Food Facts in September 2026. The same ingredients, with rapeseed lecithin as the only emulsifier.

Why they are not white chocolate

In England, the Cocoa and Chocolate Products Regulations 2003 reserve the name white chocolate for products with at least 20 per cent cocoa butter and 14 per cent dry milk solids. None of these recipes lists cocoa butter or any other cocoa ingredient: the fat is palm. So they are white chocolate flavour, which is how Sweets and Candy describes them: see [how is chocolate made?](#)

The same kind of candy is used for pink and white mice, which add carmine for the pink: see [pink and white mice](#)

Why there is flour

The wheat flour carries added calcium, iron, niacin and thiamin because, in England and Scotland, the Bread and Flour Regulations 1998 require those nutrients in most wheat flour other than wholemeal. It is nothing special about the sweets: see [pink and white mice](#)

Allergy points

- **Milk.** All three recipes contain whey powder from milk, so they are not suitable for anyone with a milk allergy or for vegans: see [milk in sweets](#)
- **Wheat.** All three contain wheat flour, so they are not gluten free: see [wheat in sweets](#)

- **Soya.** The Sweets and Candy recipe contains soya lecithin, while the two Open Food Facts records list rapeseed lecithin instead. That small difference matters to anyone with a soya allergy, so read the label every time: see [soya in sweets](#) and [how to read a sweet label](#)
- **Nuts.** Sweets and Candy says its sweets are packed where peanuts and nuts are handled: see [pick and mix and allergies](#)

In our pick and mix

We sell [SW042](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the white chocolate mice we actually stock.

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