



Champorado Infused with Ginger and Thai Chili (Vegan and Gluten-Free Chocolate Risotto)



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoon cocoa powder dark pure
- ☐ 1 container so delicious dairy free original culinary coconut milk (not Lite)
- ☐ 4 cups so delicious dairy free almond plus almondmilk unsweetened divided
- ☐ 1 inch ginger peeled chopped
- ☐ 1 pinch ginger
- ☐ 1 pinch salt

- ☐ 2 teaspoons sugar
- ☐ 1 cup sushi rice white (short grain or Arborio also work)
- ☐ 2 thai chili peppers fresh sliced for less heat canned (if you can't find these, you can substitute serrano or cayenne peppers) (use just 1 and deseed)
- ☐ 0.5 teaspoon vanilla extract

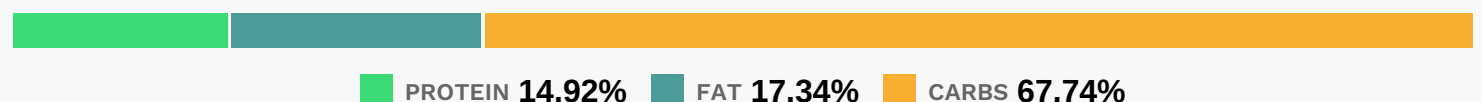
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Combine 1 cup almond milk, chili peppers and ginger in a pot. Bring to a boil, then immediately remove pot from heat. Allow milk to stand for 20 minutes. Strain milk pressing solids against strainer to extract flavor. Put milk back into pot.
- ☐ Add rice and salt to infused milk and over low heat, cook until the milk is absorbed.
- ☐ Add the next 3 cups of milk cup by cup, allowing each addition to absorb before adding more. Stir throughout until mixture becomes thick, starchy with a pudding like consistency. Stir in cocoa powder and sugar until sugar dissolves.
- ☐ Remove from heat and put into 4 individual bowls. Open coconut milk container (I cut the top off the box).
- ☐ Place about half of the thick solid parts into a medium bowl. Beat on high with hand mixer until it becomes whipped.
- ☐ Add the sugar, vanilla and ginger. Beat again.
- ☐ Serve "whipped crème" on top of each serving of champorado.
- ☐ Sprinkle each with a pinch of cocoa powder. Voila!

Nutrition Facts



Properties

Glycemic Index:62.48, Glycemic Load:34.13, Inflammation Score:-8, Nutrition Score:21.72652177707%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 305.88kcal (15.29%), Fat: 6.01g (9.24%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 52.82g (17.61%), Net Carbohydrates: 47.75g (17.36%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 133.06mg (5.79%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 17.25mg (5.75%), Protein: 11.63g (23.26%), Vitamin B3: 8.96mg (44.82%), Vitamin B12: 2.55µg (42.53%), Vitamin E: 5.98mg (39.84%), Manganese: 0.75mg (37.38%), Calcium: 346.11mg (34.61%), Copper: 0.66mg (33.08%), Vitamin B6: 0.62mg (30.81%), Vitamin B2: 0.52mg (30.38%), Vitamin C: 20.75mg (25.15%), Folate: 81.8µg (20.45%), Fiber: 5.08g (20.31%), Selenium: 13.52µg (19.32%), Vitamin A: 946.15IU (18.92%), Vitamin D: 2.84µg (18.9%), Iron: 2.97mg (16.51%), Vitamin B1: 0.24mg (15.83%), Potassium: 496.91mg (14.2%), Magnesium: 49.36mg (12.34%), Zinc: 1.64mg (10.97%), Phosphorus: 89.29mg (8.93%), Vitamin B5: 0.41mg (4.05%)