

El Pollo Loco Nutrition Guide

NUTRITION GUIDE											www.elpolloloco.com	
LIMITED TIME OFFERS												
	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
TORTAS												
Chicken Avocado Torta	14.1	720	320	35	9	0	130	1630	60	7	3	44
Shredded Pork Carnitas Torta	13.4	790	410	46	14	0	100	1610	57	6	3	40
Blackened Chicken Torta	14.1	740	340	38	9	0	120	2020	63	7	3	43
Bacon Ranchero Chicken Torta	13.6	690	280	32	9	0	140	1880	59	6	5	45
SALADS												
Signature Chicken Salads												
Mexican Cobb Salad w/o dressing	14.3	520	230	25	7	0	105	900	38	9	5	37
Mexican Cobb Salad w/ dressing	17.3	960	640	72	15	0	140	1490	41	9	8	40
Avocado Mango Salad w/o dressing	12.4	400	150	17	3.5	0	75	520	37	5	10	27
Avocado Mango Salad w/ dressing	15.4	550	230	26	5	0	75	1430	57	6	27	28
Taco Salad w/o dressing	14.6	520	220	24	7	0	100	910	43	9	7	33
Taco Salad w/ dressing	17.6	960	630	70	15	0	135	1500	46	9	10	35
Ultimate Double Salad w/o dressing	12.9	340	80	9	2.5	0	145	910	19	4	6	47
Ultimate Double Salad w/ dressing	15.9	780	500	56	10	0	180	1500	22	4	8	49
Family Salads												
Bacon Avocado Family Meal Salad w/o dressing	15.0	440	280	31	10	0	60	960	20	6	7	23
Bacon Avocado Family Meal Salad w/ dressing	18.0	870	700	78	17	0	100	1540	22	6	9	25
5 UNDER 500 CALORIES												
Grand Taco Plate (2 tacos)	12.2	470	110	12	5	0	160	1400	34	3	11	52
Grand Taco à la carte	5.2	200	30	3	1	0	70	670	15	1	5	26
Black Bean Bowl	15.4	380	90	11	2	0	75	790	39	17	4	36
Whole Wheat Avocado Burrito	14.4	490	160	18	6	0	85	1340	54	11	6	34
Avocado Salad w/o dressing	15.4	290	90	10	2	0	75	600	24	10	6	31
Avocado Salad w/ dressing	18.4	440	170	19	3.5	0	75	1510	43	10	23	31
Mango Grilled Tostada w/o dressing	14.9	470	120	15	4	0	75	1050	57	11	7	34
Mango Grilled Tostada w/ dressing	17.9	630	200	23	5	0	75	1960	76	11	24	34
SIDES												
Refried Beans (small)	6.0	210	35	4	1	0	0	480	33	10	2	11

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EL POLLO LOCO MENU												
	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
FLAME-GRILLED CHICKEN												
Chicken Breast	4.3	220	80	9	2.5	0	140	620	0	0	0	36
Chicken Breast, Skinless	4.0	180	35	3.5	1	0	110	560	0	0	0	35
Skinless Breast Meat w/o tortilla strips or dressing on salad	11.1	265	70	8	2	0	110	690	11	4	4	39
Leg	1.6	90	35	4	1	0	70	170	0	0	0	12
Thigh	3.1	220	130	15	4.5	0	180	320	0	0	0	21
Wing	1.3	90	45	5	1.5	0	60	290	0	0	0	11
Chopped Breast Meat	2.8	100	15	1.5	0.5	0	70	330	0	0	0	21
PREMIUM SALADS												
Avocado Bacon Tostada w/ dressing	21.2	1340	830	92	16	0	125	2180	84	9	7	46
Avocado Bacon Tostada w/o dressing	18.2	900	410	46	9	0	90	1590	81	8	4	43
Chicken Tostada Salad w/o dressing	17.3	860	380	42	11	0	100	1430	77	7	5	41
Chicken Tostada Salad w/o dressing or shell	14.7	430	120	13	6	0	100	1130	43	5	4	34
Grilled Chicken Salad w/o dressing or tortilla strips	9.7	170	35	4	10	0	75	560	10	2	4	25
STUFFED QUESADILLAS & BOWLS												
Chicken Avocado Stuffed Quesadilla	13.9	980	560	62	23	0.5	175	1920	61	4	3	49

El Pollo Loco nutrition guide is an essential resource for anyone who wants to enjoy delicious Mexican-style grilled chicken while being mindful of their dietary choices. With a diverse menu that features a variety of flavorful options, El Pollo Loco combines fresh ingredients with traditional recipes, making it a popular choice for health-conscious diners. This article will explore the nutritional aspects of the menu, highlight healthier options, and provide tips on how to make informed choices when dining at El Pollo Loco.

Understanding the Menu

El Pollo Loco specializes in flame-grilled chicken, marinated in a blend of herbs and spices. Their menu includes a range of items from classic chicken meals to salads, sides, and desserts. When

considering the nutritional value of your meal, it's important to understand the different categories of food available.

Menu Categories

1. Chicken Entrees: This includes whole, half, or quarter chicken meals, chicken tacos, burritos, and bowls.
2. Salads: Fresh salads featuring grilled chicken, beans, and various toppings.
3. Sides: A variety of sides such as rice, beans, corn, and tortillas.
4. Desserts: Sweet treats to conclude your meal.
5. Beverages: Options ranging from soft drinks to water and tea.

Nutritional Breakdown

When it comes to nutrition, understanding the caloric and macronutrient content of your meal is crucial. Here's a closer look at the nutritional information for some popular menu items:

Chicken Entrees

- Grilled Chicken Breast: A single serving contains approximately 190 calories, 3g of fat, 0g of carbohydrates, and 36g of protein.
- 2 Piece Chicken Combo: This meal typically has around 560 calories, 30g of fat, 40g of carbohydrates, and 34g of protein.

Salads

- Chicken Caesar Salad: Approximately 440 calories, 30g of fat, 10g of carbohydrates, and 30g of protein.
- Avocado Chicken Salad: Contains about 330 calories, 20g of fat, 12g of carbohydrates, and 28g of protein.

Sides

- Rice: A serving contains around 180 calories and 3g of fat.
- Black Beans: A serving has approximately 120 calories, 0g of fat, and 22g of carbohydrates.

Healthier Choices at El Pollo Loco

Making healthier choices at El Pollo Loco is easier than you might think. Here are some tips to help

you maintain a balanced diet while enjoying your favorite dishes.

Opt for Grilled Over Fried

Choosing grilled chicken instead of fried options can significantly reduce calorie and fat intake. Grilled chicken is not only flavorful but also a lean source of protein.

Customize Your Order

Many menu items can be customized to suit your nutritional needs. Consider the following adjustments:

- Request less cheese or dressing on salads.
- Substitute sides like rice with a side of black beans or a salad for added fiber and nutrients.
- Choose corn tortillas over flour tortillas to cut down on carbs.

Portion Control

El Pollo Loco offers different portion sizes. When ordering, consider sharing a meal or opting for a smaller portion to control calorie intake.

Dining Tips for Health-Conscious Customers

Eating out doesn't have to derail your healthy eating habits. Here are some practical tips for making nutritious choices at El Pollo Loco:

Check Nutritional Information

Before placing your order, take a moment to review the nutritional information available on the El Pollo Loco website or in-store. This can help you make informed decisions about your meal.

Stay Hydrated

Beverages can contribute a significant number of calories to your meal. Opt for water or unsweetened tea instead of sugary drinks to keep your calorie count in check.

Plan Ahead

If you know you'll be dining at El Pollo Loco, consider checking the menu beforehand. Planning your order can help you stick to your nutritional goals and avoid impulsive choices.

Common Myths About Fast Food Nutrition

Fast food often gets a bad rap when it comes to nutrition. However, understanding some common myths can help clarify the truth about dining at El Pollo Loco.

Myth 1: Fast Food is Always Unhealthy

While some fast food options are high in calories, many restaurants, including El Pollo Loco, offer healthier alternatives. Grilled chicken, fresh salads, and nutritious sides can be part of a balanced diet.

Myth 2: All Salads are Healthy

Not all salads are created equal. Some can be loaded with high-calorie dressings and toppings. Always check the nutritional information to ensure you're making a healthy choice.

Myth 3: You Can't Eat Healthy While Dining Out

With the right knowledge and choices, it's entirely possible to eat healthily while enjoying fast food. El Pollo Loco provides several nutritious options that cater to various dietary preferences.

Conclusion

In conclusion, the **El Pollo Loco nutrition guide** is a valuable tool for anyone looking to enjoy delicious, flavorful meals while maintaining their health goals. By understanding the menu, making informed choices, and utilizing customization options, you can savor the taste of El Pollo Loco without compromising your dietary needs. Whether you're a regular patron or trying it for the first time, this guide will help you navigate the menu with confidence. Enjoy your meal while staying aligned with your nutritional objectives!

Frequently Asked Questions

What are the key nutritional components in El Pollo Loco's grilled chicken?

El Pollo Loco's grilled chicken is a good source of lean protein, low in fat, and contains essential vitamins and minerals such as vitamin B6, niacin, and phosphorus.

How many calories are in a standard El Pollo Loco chicken meal?

A standard El Pollo Loco chicken meal typically ranges from 400 to 600 calories, depending on the sides and sauces chosen.

Does El Pollo Loco offer any low-carb options?

Yes, El Pollo Loco offers low-carb options, such as their grilled chicken without tortillas or rice, and salads with grilled chicken.

What is the sodium content in El Pollo Loco's meals?

The sodium content in El Pollo Loco's meals varies, but many items contain between 500 to 1,500 mg of sodium. It's advisable to check the nutrition guide for specific items.

Are there any vegetarian options available at El Pollo Loco?

Yes, El Pollo Loco offers vegetarian options such as their salads without chicken and sides like rice and beans.

What is the serving size for El Pollo Loco's sides?

The serving size for El Pollo Loco's sides typically ranges from 3 to 5 ounces, depending on the side item.

How does El Pollo Loco's nutrition compare to traditional fast food?

El Pollo Loco's nutrition is generally healthier compared to traditional fast food, as they focus on grilled rather than fried options, and offer fresh ingredients.

Does El Pollo Loco provide allergen information?

Yes, El Pollo Loco provides allergen information for all menu items, available on their website and in-store upon request.

Can I customize my order for healthier options at El Pollo Loco?

Yes, you can customize your order at El Pollo Loco by choosing grilled chicken, opting for steamed vegetables, and requesting dressings or sauces on the side.

Where can I find the complete nutrition guide for El Pollo Loco?

The complete nutrition guide for El Pollo Loco can be found on their official website or by asking for a printed version at any restaurant location.

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Discover the El Pollo Loco nutrition guide for healthy meal choices! Learn more about calories

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