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El pollo loco nachos calories

Baked Products Beans and Legumes Beef Products Beverages Cereal, Grains, Rice, Pasta and Noodles Cheese, Eggs and Dairy products Ethnic Foods Fast Foods Fats and Oils Fish and Seafood Fruits Lamb, Veal, and Game Products Nut and Seed Pork Products Poultry Products Sausages and Deli Meats Snacks Soups, Sauces, Spreads and Gravies Spices and Herbs Sweets Browse Brands: Restaurants & Cafes Food Manufacturers Beverage Producers Supermarkets Ingredients Fruits and Vegetables Meat and Poultry Seafood Pasta and Noodles Explore Recipes Search Recipe By Ingredients Analyze & Construct Your Own Recipe In 1975, Juan Ochoa opened a roadside chicken stand in Guasaca, Mexico, he called El Pollo Loco. Ochoa served chicken the same way his mother did, hand-marinating using an old family recipe and flame-broiling. The stand quickly grew in popularity, and over the next four years, Ochoa's family opened 85 restaurants in Northern Mexico. The chain moved into the United States in 1980 with the first restaurant opening in Los Angeles. Over the years, El Pollo Loco has added tacos, burritos and salads to its menu, all featuring the Ochoa family's chicken. In 1995, the chain entered into a joint venture with Foster's Freeze to offer soft-serve treats at El Pollo Loco restaurants. Franchising Since 1980 (42 years) Where seeking This company is seeking new franchisees in the following US states: Colorado, Idaho, New Mexico, Oregon, Texas, Washington # of Units 483 (as of 2021) Here's what you need to know if you're interested in opening a El Pollo Loco franchise. Here's what you can expect to spend to start the business and what ongoing fees the franchisor charges throughout the life of the business. Initial Franchise Fee \$40,000 Definition: The initial fee paid to a franchisor to join their system What you need to know: Found in Item 5 of the FDD, this may be a flat fee, or may vary based on territory size, experience, or other factors. The franchise fee is an up-front (one-time) cost that a new franchisee pays to the franchisor. This fee is usually due at the signing of the franchise agreement and covers the right to use the franchisor's trademarks, name, and related business systems. Initial Investment \$781,500 - \$2,109,500 Definition: The total amount necessary to begin operation of the franchise What you need to know: The initial investment includes the franchise fee, along with other startup expenses such as real estate, equipment, supplies, business licenses, and working capital. This is outlined in a chart in Item 7 of the FDD, showing a range of possible costs from low to high. Net Worth Requirement \$1,000,000 Definition: The minimum net worth you must have in order to qualify to become a franchisee of this company What you need to know: Net worth is the value of a person's assets minus liabilities. Assets include cash, stocks, retirement accounts, and real estate. Liabilities include items like mortgages, car payments, and credit card debt. Cash Requirement \$300,000 Definition: The minimum liquid capital you must have available in order to qualify to become a franchisee of this company. Royalty Fee 5% Definition: An ongoing fee paid to the franchisor on a regular basis. What you need to know: Most franchisors require franchisees to pay an ongoing royalty fee, which is detailed in Item 6 of the FDD. This fee is typically a percentage of weekly or monthly gross sales, but may also be a flat weekly, monthly, or annual fee. Ad Royalty Fee 5% Definition: An ongoing fee paid to the franchisor on a regular basis to support advertising or marketing efforts. What you need to know: This may also be called advertising fee, marketing fee, brand fund fee, and more, but the basic purpose is the same-- to support promotion of the brand systemwide. As with the royalty fee, it is detailed in Item 6 of the FDD, and can be a percentage of weekly or monthly gross sales or a weekly, monthly, or annual fee. Term of Agreement 20 years Definition: The length of time your franchise agreement will last. What you need to know: Franchise terms are typically anywhere from 5 to 20 years in length, but are sometimes instead dependent on factors such as the term of your lease. Once your term is up, you may have the option to renew your agreement, typically for a smaller fee than the original franchise fee. Is franchise term renewable? Yes Franchisors offer initial training programs and a variety of ongoing support options to help franchisees run their businesses. On-The-Job Training Varies Classroom Training Varies Additional Training At certified training stores Ongoing Support Purchasing Co-ops Newsletter Meetings & Conventions Toll-Free Line Grand Opening Online Support Security & Safety Procedures Field Operations Site Selection Proprietary Software Franchisee Intranet Platform Marketing Support Co-op Advertising Ad Templates National Media Regional Advertising Social Media SEO Website Development Email Marketing Loyalty Program/App Additional details about running this franchise. Is absentee ownership allowed? No Definition: Absentee ownership means that the franchisee does not actively work in the franchise business or manage day-to-day operations. Can this franchise be run from home/mobile unit? No Definition: The business can be run from your home and/or a vehicle, and it is not necessary to have a retail facility, office space, or warehouse. Can this franchise be run part time? No Definition: This business can be run by the owner on a part-time basis (less than 40 hours per week) and/or as a side business; it is not necessary for the business to be open/run full-time. # of employees required to run 25 Are exclusive territories available? Yes Definition: An exclusive territory is a fixed area in which you are given the right to operate and in which no other units of the same franchise may be opened. What you need to know: Territory size may be based on factors such as radius, population size, zip codes, and more. Details can be found in Item 12 of the FDD. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Are you looking for a El Pollo Loco calorie counter online? Well, the chart below will help you find nutritional information about El Pollo Loco menu items. Jump to: FAQs Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Puffy Shell Tacos back to top Chicken Guacamole Puffy Shell Taco 470 22 44 1030 1 13 Chicken & Chorizo Puffy Shell Taco 400 18 32 970 2 11 Chicken Avocado Poblano Puffy Shell Taco 440 20 32 970 1 12 Signature Summer Burritos back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Chicken Fajita 990 47 60 1790 3 27 Flame Grilled Chicken back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Chicken Breast 220 36 0 620 0 6 Chicken Breast, Skinless 180 35 0 560 0 4 2250 5 23 Stuffed Quesadillas back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Chicken Avocado Burrito 990 54 60 2380 4 27 Chicken Fajita Burrito 920 45 70 1830 5 25 Chicken & Chorizo Burrito 870 44 86 2250 5 23 Stuffed Quesadillas back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Chicken Avocado Bacon Tostada w/ dressing 1340 46 84 2180 7 37 Skinless Breast Meal w/o tortilla strips or dressing on salad 265 39 11 690 4 7 Leg 90 12 0 170 0 2 Thigh 220 21 0 320 0 6 Wing 90 11 0 290 0 2 Chopped Breast Meat 100 21 0 330 0 2 Premium Salads back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Avocado Bacon Tostada w/ dressing 1340 46 84 2180 7 37 Avocado Bacon Tostada w/o dressing 900 43 81 1590 4 25 Chicken Tostada Salad w/o dressing 860 41 77 1430 5 23 Chicken Tostada Salad w/o dressing or shell 430 34 43 1130 4 11 Grilled Chicken Salad w/o dressing or tortilla strips 170 25 10 560 4 4 Stuffed Quesadillas, Bowls, and Soups back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Chicken Avocado Stuffed Quesadilla 980 49 61 1920 3 27 Chicken Bacon Guacamole Stuffed Quesadilla 880 52 56 2080 2 24 Pollo Bowl® 610 40 87 1750 3 16 Ultimate Pollo Bowl® 960 70 92 2280 4 25 Small Chicken Tortilla Soup w/o tortilla strips 210 16 19 830 2 6 Small Chicken Tortilla Soup w/o tortilla strips 140 15 10 830 2 4 Large Chicken Tortilla Soup w/ tortilla strips 450 34 40 1810 4 12 Large Chicken Tortilla Soup w/o tortilla strips 300 32 22 1810 4 8 Chicken Burritos back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Spicy Chipotle Burrito 860 48 86 2500 5 23 Chicken Avocado Burrito 950 48 74 2110 5 26 Poblano Burrito 910 49 93 2390 4 25 El Tradicional Burrito 780 40 86 1860 5 21 Classic Chicken Burrito 530 25 68 1380 2 14 Tacos and Nachos back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Chicken Avocado Soft Taco (a la carte) 320 21 22 900 1 9 2 Chicken Avocado Soft Tacos 630 41 44 1810 2 18 Spicy Shell Taco (a la carte) 280 18 24 980 2 8 2 Spicy Chicken Soft Tacos 560 36 48 1950 5 16 Chicken Nachos 1050 34 89 1680 4 29 Loco Value Menu back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Taco al Carbon 160 10 18 290 0 5 4 Crunchy Chicken Taco 300 14 21 440 1 8 BRC Burrito 430 15 64 1020 0 5 12 Grilled Chicken Tortilla Roll 400 26 38 1100 0 10 Chicken Taquito with Avocado Salsa 215 7 19 420 2 6 Chicken Leg 90 12 0 170 0 2 Loco Side Salad 210 3 8 260 3 6 Flan 260 5 34 125 34 7 Two Churros 300 3 32 210 10 8 Sides back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Pinto Beans 200 11 29 370 1 5 Rice 170 3 33 560 0 5 5 Mashed Potatoes 110 2 23 400 0 5 3 Gravy 10 0 2 150 0 0 Macaroni & Cheese 250 8 22 730 3 7 Loco Side Salad 210 3 8 260 3 6 Fresh Vegetables w/o margarine 35 2 8 35 3 1 Fresh Vegetables w/ margarine 60 2 8 65 3 2 French Fries 330 4 40 700 0 9 Black Beans 200 15 35 770 0 5 Cole Slaw 130 1 9 220 7 4 Corn Cobbette (2 pieces) 160 4 25 45 11 5 Flame-Grilled Corn 130 3 21 290 2 4 Sweet Potato Fries 330 2 34 450 11 9 Kid's Combos back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Chicken Leg 90 12 0 170 0 2 Mini Pollo Bowl 340 23 48 900 1 9 Chicken Nuggets (4 pieces) 220 15 14 680 0 6 Dressings back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Large Creamy Cilantro Dressing 440 3 3 590 3 12 Light Creamy Cilantro 70 1 6 400 3 2 Ranch 230 1 2 390 2 6 Lowfat Citrus Vinaigrette 70 0 8 390 7 2 Salsas and More back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers House Salsa 10 0 2 160 1 0 Pico de Gallo 15 0 2 170 1 0 Avocado Salsa 30 0 2 210 0 1 Queso Sauce Small 70 2 2 170 0 2 Queso Sauce Large 160 6 4 390 1 4 Sour Cream 80 1 1 20 0 2 Ketchup (packet) 10 0 2 100 2 0 Jalapeño Hot Sauce (packet) 5 0 1 110 0 0 Salsa Roja 15 0 4 460 2 0 BBO Sauce (dip cup) 35 1 7 380 2 1 Tortillas and Chips back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Two Churros 300 3 32 210 10 8 Caramel Flan 260 5 34 125 34 7 Vanilla Soft Serve - cup 300 8 48 170 47 8 Vanilla Kid Cone 190 5 32 100 27 5 Vanilla Small Cone 320 8 53 170 44 9 Vanilla Large Cone 490 13 81 270 72 13 Beverages back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Coca-Cola® - Kid's Size 100 0 27 0 27 3 Diet Coke® - Kid's Size 0 0 0 10 0 0 Coke Zero® - Kid's Size 0 0 0 5 0 0 Cherry Coke® - Kid's Size 100 0 28 5 28 3 Sprite® - Kid's Size 100 0 26 20 26 3 Fanta® Orange - Kid's Size 110 0 28 10 28 3 Hi-C® Flashin' Fruit Punch® - Kid's Size 100 0 28 60 28 3 Minute Maid® Lemonade - Kid's Size 100 0 25 40 25 3 Minute Maid® Light Lemonade - Kid's Size 5 0 1 0 0 0 Dr Pepper® - Kid's Size 100 0 25 25 24 3 Barq's Root Beer - Kid's Size 110 0 25 25 25 3 Gold Peak® Fresh-Brewed Unsweetened Iced Tea - Kid's Size 0 0 0 0 0 0 Gold Peak® Fresh-Brewed Mango Passion Fruit Tea - Kid's Size 0 0 0 0 0 0 Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers FUZE® Sweetened Raspberry Iced Tea - Kid's Size 60 0 16 10 16 2 Horchata - 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