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## Keto taco el pollo loco nutrition facts

KFC is watering your toe in the world of plant-based chicken and you can hunt meatless chicken at your local grocery store. But it doesn't seem to have been taken down in terms of beef alternatives like Impossible and Beyond. But El Pollo Loco makes a great commitment to plant protein. It has become one of the first fast food chains to sell a plant-based chicken alternative in all their locations. The restaurant serves meat-free tacos made with roasted peppers, onions and tomatoes. Kadauk Pollo Taco is topped with queso fresco, salad and avocado, wrapped in corn and flour tortilla. The protein itself is 100% non-GMO soy. The taco is part of a new range that also includes what is billed as the world's first keto taco. This Keto Certified Taco is a tender piece of fire-grilled chicken, jack cheese, handmade pico and ripe avocado in a keto-friendly tortilla and finished with a creamy cilantro sauce. There's also a baja or spicy shrimp taco and chicken avocado taco. In fact, you can choose a total of seven taco options as part of El Pollo Loco's Mix & Match Street Tacos series. A customizable 6-Pack Taco box is available in all restaurant locations. Coming off the heels of a successful launch of right-for-you limited-time deals earlier this year, our customers wanted more, said Mark Hardison, SVP of marketing at Pollo Loco. We are pleased to expand to the new Mix & Match Street Tacos, which were created to fit every taste preference and lifestyle, will also debut our first vegetable protein and Keto taco. What is the ultimate taco combo? Home » Reviews » Keto Fast Food More Restaurant Tips If you have El Pollo Loco nearby, you're in for a keto treat! No, not dessert, tacos, my friend! 🙌 have you heard the news? El Pollo Loco now sells Keto Taco! Tell me what? Yes, it's true, you can now head to your local El Pollo Loco and order Keto Tacos from your menu – there are no special hacks required. We like how many restaurants are hopping on the keto fast food bandwagon! Note: While some may consider this product to be dirty keto, it is keto certified. These delicious keto tacos include chopped chicken, pico de gallo salsa, avocado, chopped salad, creamy cilantro sauce, and jack cheese - all inside a high-fiber/low-carb flour tortilla. Diet: 260 calories | 17g fat | 19g protein | 14g total carbs | 9g fiber | 5g net carbs Here's what Stetson thinks about the new El Pollo Loco Keto Tacos... I'll be honest, I was blown away by how good these tacos were, like really delicious! They were also really filling up and the ingredients are so flavorful that you don't even realize you're eating a low carb taco. I don't have a keto wagon these days, but I absolutely order them again. - Stetson Be sure to register El Pollo Loco rewards the program! El Pollo Loco Rewards members (free to join) can score free in the Original Pollo Bowl when you sign up and complete your first purchase! Plus, rewards members will receive one point for every dollar spent and a \$10 fee if you earn 100 points. You can also score birthday fees, bonus points for days and additional offers all year round! Hip Keto Tip: Keep the Original Pollo Bowl keto-friendly by asking for no rice and no pinto beans, add salad, cheese, avocado and sour cream. Yum! As you can see, living a ketone has never been easier! More and more restaurants are offering menu options that allow you to enjoy delicious food while keeping your carbohydrate count low! Check out our full El Pollo Loco Keto Dining Guide! Love crazy chicken? 🙌 Out and about and craving some keto fast food? El Pollo Loco is a delicious food and offers a pretty useful nutrition guide. You can even take a look at your menu and click on items you want to add or remove from each main course and it adjusts the number of carbohydrates, calories and other nutritional information. We don't want every restaurant to have that opportunity! One of the great things about El Pollo Loco, other than their yummy food, is that you can hack the menu and yet there are a number of great options that are keto-friendly! Here are the best keto menu items available at El Pollo Loco... 1. El Pollo Loco Keto Taco I'll take Keto Taco, please! Diet: 260 calories | 17g Fat | 14g Total Carbohydrates | 9g Fiber | 3g Sugar | 19g protein | 5g net carbs This delicious keto taco contains chopped chicken, pico de gallo salsa, avocado, chopped salad, creamy cilantro sauce and jack cheese - all inside a high fiber/low carb flour tortilla. While this item would be dirty keto for some, it is keto certified. 3. El Pollo Loco Keto Burrito I'll take a Keto Burrito, please! Diet: 440 calories | 28g Fat | 31g Total carbohydrates | 21g Fiber | 3g Sugar | 35g protein | The 10g Net Carbohydrates self-proclaimed world's first keto burrito includes chopped chicken, red cabbage, cotija cheese, creamy cilantro sauce, organic spinach, avocado slices and pico de gallo salsa - all inside a high fiber/low carb flour tortilla. 3. El Pollo Loco Double Chicken Avocado Salad I'll take double chicken avocado salad please, without corn. Diet: 330 Calories | 15g Fat | 39g | 12g total carbs | 5g Fiber | 3g Sugar | 39g protein | 7g Net Carbs Double Chicken Avocado Salad includes pico de gallo salsa, avocado slices, cilantro, cotija cheese, chopped chicken breast and sour cream. You can swap chicken prawns, but it adds another net carb. The creamy cilantro sauce adds another 2 carbohydrates, but we don't think it was necessary for sour cream to be added enough to taste without using the sauce. Make sure that the no corn to keep it keto-friendly! 4. El Pollo Loco 2-piece chicken flour I'll have 2-piece chicken flour, breast and thigh, broccoli and no tortillas, please. Nutrition: Chicken w/ skin | 220 calories | 9g fat | 0g Total Carbohydrates | 0g Fiber | 0g Sugar | 36g protein | 0g Net Carbohydrates Diet: Chicken Thigh w/skin | 210 Calories | 15g Fat | 0g Total Carbohydrates | 0g Fiber | 0g Sugar | 21g protein | 0g Net Carbohydrates Diet: Chicken Wing w/ Skin | 90 Calories | 5g Fat | 0g Total Carbohydrates | 0g Fiber | 0g Sugar | 12g protein | 0g Net Carbohydrates Nutrition: Chicken Leg w/skin | 80 Calories | 4g Fat | 0g Total Carbohydrates | 0g Fiber | 0g Sugar | 12g protein | 0g Net Carbohydrates Diet: Broccoli (Small) | 30 calories | 0g fat | 6g Total Carbohydrates | 2g fiber | 0g Sugar | 12g protein | 4g Net Carbs You just can't go wrong with El Pollo Loco's famous chicken meal. Mix and match the breasts, wings, thighs, or legs and choose broccoli on your side for a truly keto-rific meal! If you want to keep your fat count higher, choose thighs and breasts because they have the highest number of fats. 5. El Pollo Loco Chicken Nachos I get Chicken Nachos please, without tortilla chips, no pinto beans, and add a salad. Diet: 180 calories | 15g Fat | 6g Total Carbohydrates | 2g fiber | 2g Sugar | 5g protein | 4g Net Carbohydrates Keep your nachos low carb when choosing salad instead of chips! I ordered nachos in different restaurants like this, and let me tell you, it's still a yummy food even without chips. Just use a fork and dig in! 5. El Pollo Loco Baja Shrimp Tostada Salad I need Baja Shrimp Tostada Salad please, without pinto beans, no rice, extra salad, and bowl (no kest). Nutrition: 240 calories | 18g fat | 6g total carbs | 1g Fiber | 2g Sugar | 14g protein | 5g Net Carbohydrates If you're craving shrimp you want to try yummy Baja Shrimp Tostada salad! Be sure to skip high carb beans, rice and a sedi for a simple low carb lunch. If you really want to kick this keto then ask for an avocado or guacamole that adds delicious and oh so healthy fat! As

you can see, living a ketone has never been easier! More and more restaurants are hopping on the bandwagon and offering more menu options that will allow you to enjoy delicious food while keeping your carb count low! Nutrition information on this website is derived from information received in laboratories, published resources or from el pollo loco suppliers. Nutrition information is based on standard product forms and serving sizes. All nutrition information is based on the average ingredient values of El Pollo Loco suppliers and rounded to comply with applicable federal guidelines. Size, preparation techniques, product testing and sources of supply, and regional and seasonal affect the nutritional values of each product. In addition, medicinal products change periodically. You should expect some differences in nutrient content from products purchased in our restaurants. This information is correct from January 2013, unless otherwise specified. 27th February 2020 UM002:07 · It's new. It's a low carb. This is the world's first Keto Taco™. Our Keto Certified Taco is a tender piece of our famous fire-grilled chicken, jack cheese, handmade pico and ripe avocado nestled into a keto-friendly tortilla and finished with a creamy cilantro sauce. 🍌 Only 5g net carbs! Seiten, die von der Seite mit Gefällt mir markiert wurden782.473 gefällt dasWelcome to the new Nasdaq. Once the capital market logistics are solved people, products and ... 3.573 gefällt dasP.S. (3.573 gefällt dasP.S. ARTS is dedicated to improving children's lives by providing arts education for the underserved... 59 million. gefällt dasTtsulle closer to people and things you love. ♥Aktueller Beitrag der SeiteParim just gets better. Enjoy our new and improved fan favorite, Creamy Cilantro Sauce. Now without high fructose corn syrup. Leave your stretch pants for 2020. Start 2021 fresh new fire grilled Pollo Fit Bowls made of organic super greens. Super fresh. Super green. Super good for you. Try our organic super greens mixed with new Pollo Fit Bowls today.2.8 Mio. gefällt das: Is the question? Call us at 1-800-786-1000. Our representatives are available 7 days a week. Sun... 1.2 million. gefällt dasMore than 60 years awesome and, well, we're just starting.591.581 gefällt dasIf you think you can't get fresh less, you don't know Del! Let's grill the chicken fresh, hand-held... Mehr ansehen1.2 million. gefällt dasSix decades #DownHomeFlavor and counting 🍌381.155 gefällt dasThe World's largest Hot Dog Chain 🍌1.3 million. gefällt dasTmine flavor to the masses from '94. Wings, french fries and sides.1.3 million. gefällt dasYou you at Denny's.56.870 gefällt dasBaja Fresh- Fresh & Flavorful Mexican Food!122.487 gefällt dasShakey's Pizza Parlor is a gathering place for good times and great food! Popeyes Louisiana Kitchen936.946 gefällt dasTere world Popeyes Louisiana Kitchen. Stay with us on Twitter: @PopeyesChicken... 190,128 gefälltIt dasFounded in California in 1954, El Torito continues to authority large Mexican food. Because... 154.102 gefällt dasWe accept cash, credit, debit, WIC and LoneStar cards.273.816 gefällt dasWelcome on our Official Facebook Fan Page. Inspired by the honor, bravery and prosperousness of the Knights... Knights...

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