

EXHIBIT I



¡FEEL THE MEXCELLENCE!™

[Food & Nutrition](#) [News & Media](#) [Company](#) [Gift Cards](#)

Login
en español

[Menu](#) [Catering](#) [Healthier Choices](#) [Recipes](#) [Grilling Tips](#)

Providing healthier choices is an important priority at El Pollo Loco. Flame-grilled chicken, fresh vegetables, pinto beans, crisp salads and customizable options are the core of what we do, every day. Our Nutritional Calculator is one way we assist you in making healthier choices quick and easy. To get started just click on a category name to the left, select the menu item you would like by double-clicking, or click-and-drag it onto the cutting board. You can modify and monitor your nutritional information for each item you select.

Click here to view our [menu](#)

Create Your Meal

Nutrition Information

◀

Sweet Corn Cake

Sweet Potato Fries

BBQ Black Beans
(Small)

Fresh Vegetables

Spanish Rice

Pinto Beans

Mashed Potatoes
w/Gravy

- New Menu Items
- Chicken Meals
- Family Chicken Meals
- Burritos
- Salads & Bowls
- Loco Value Menu
- Kids' Combos
- Healthy Dining
- Lindora Lean For Life®
- Beverages
- Sides**
- Desserts
- Salsas & More
- Dressings
- By the Piece

Your Meal **Meal List**



Mashed Potatoes w/Gravy

Mashed Potatoes w/Gravy (Small)	Ounces	6.0
	Calories	124
Mashed Potatoes w/Gravy (Large)	Fat (g)	1.9
	Saturated Fat (g)	1.0
Gravy	Trans Fat (g)	0.1
Mashed Potatoes	Cholesterol (g)	1

For nutritional information on limited time, promotional Nutrition Information tab above

The nutrition information on this website is derived from testing conducted in laboratories, published res suppliers. The nutrition information is based on standard product formulations and serving sizes. All

ingredients from El Pollo Loco's suppliers and is rounded to meet current federal guidelines. Variation in sources of supply, as well as regional and seasonal differences, may affect the nutrition values for each product. We update our nutrition information periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants unless stated otherwise.

[Careers](#) | [Investor Relations](#)

©2011 El Pollo Loco, Inc. | [Site Map](#) | [Contact Us](#) |

Sodium	552
Carbs	25
Fiber	2
Sugar	1
Protein	2
Iron	0
Calcium	0
Vitamin A	0
Vitamin C	6

