

Answer on Question #54410 – Math - Algebra

Question

A serving of 2 cookies has 150 kilocalories and 8 grams of fat. What % of total kcals are from fat?

Solution

MedlinePlus reports that carbs and protein each provide 4 kilocalories per gram, and fat contains 9 kilocalories in each gram.

So we can easily calculate amount of kilocalories from fat in cookies:

$$8 \text{ grams} * 9 \frac{\text{kcal}}{\text{gram}} = 72 \text{ kcals}$$

Now we can calculate the % of total kcals from fat:

$$\begin{array}{l} 150 \text{ kcals} - 100 \% \\ 72 \text{ kcals} - x \% \end{array}$$

From this proportion we can find x :

$$x = \frac{72 \text{ kcals} * 100 \%}{150 \text{ kcals}} = 48 \%$$

Answer: 48 % of total kcals are from fat.