Cups to Millilitres Conversion Chart

US cups, spoons and fluid ounces in millilitres, with UK equivalents

For: Cooks and bakers using US recipes

allunitconversions.com/cup-to-ml-conversion-chart
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EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 US cup = 236.588 236 5 mL (½ US pint, exact)	mL = US cups × 236.588	US cups = mL ÷ 236.588	¾ cup × 236.588 = 177.4 mL

Millilitres are rounded to 1 decimal place. Many recipes round 1 cup to 240 mL; metric cups are 250 mL.

US cups

Cups	Millilitres (mL)	US fluid ounces (US fl oz)	US tablespoons (tbsp)
⅛	29.6	1	2
¼	59.1	2	4
⅓	78.9	2.67	5.3
⅜	88.7	3	6
½	118.3	4	8
⅝	147.9	5	10
⅔	157.7	5.33	10.7
¾	177.4	6	12
⅞	207.0	7	14
1	236.6	8	16
1 ¼	295.7	10	20
1 ½	354.9	12	24
1 ¾	414.0	14	28
2	473.2	16	32
2 ½	591.5	20	40
3	709.8	24	48
3 ½	828.1	28	56
4	946.4	32	64
5	1,182.9	40	80
6	1,419.5	48	96
8	1,892.7	64	128

US tablespoons and teaspoons

Spoons	Tablespoons in mL	Teaspoons in mL
¼	3.7	1.23
½	7.4	2.46
1	14.8	4.93
1 ½	22.2	7.39
2	29.6	9.86
3	44.4	14.79
4	59.1	19.72
6	88.7	29.57
8	118.3	39.43

US and UK kitchen measures in millilitres

From	To	Multiply by
US teaspoons (tsp)	Millilitres (mL)	4.928922
US tablespoons (tbsp)	Millilitres (mL)	14.78676
US fluid ounces (US fl oz)	Millilitres (mL)	29.57353
UK fluid ounces (UK fl oz)	Millilitres (mL)	28.41306
US cups (US cup)	Millilitres (mL)	236.5882
UK cups (UK cup)	Millilitres (mL)	284.1306
US pints (US pt)	Millilitres (mL)	473.1765
UK pints (UK pt)	Millilitres (mL)	568.2613

Sources and method

- **NIST Special Publication 811** — Guide for the Use of the International System of Units (www.nist.gov/pml/special-publication-811)

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