

Cups to Milliliters Conversion Chart

This comprehensive conversion chart provides a quick reference for converting between cups (cup) and milliliters (ml).

The relationship between Cup and Milliliter is: 1 Cup = 236.588 Milliliter or 1 Milliliter = 0.004227 Cup

Conversion Formulas:

To convert Cup to Milliliter: $\text{Milliliter} = \text{Cup} \times 236.588$

Common Conversions (1-100 cup)

Cups (cup)	Milliliters (ml)	Cups (cup)	Milliliters (ml)
1 cup	236.59 ml	51 cup	12065.99 ml
2 cup	473.18 ml	52 cup	12302.58 ml
3 cup	709.76 ml	53 cup	12539.16 ml
4 cup	946.35 ml	54 cup	12775.75 ml
5 cup	1182.94 ml	55 cup	13012.34 ml
6 cup	1419.53 ml	56 cup	13248.93 ml
7 cup	1656.12 ml	57 cup	13485.52 ml
8 cup	1892.70 ml	58 cup	13722.10 ml
9 cup	2129.29 ml	59 cup	13958.69 ml
10 cup	2365.88 ml	60 cup	14195.28 ml

11 cup	2602.47 ml	61 cup	14431.87 ml
12 cup	2839.06 ml	62 cup	14668.46 ml
13 cup	3075.64 ml	63 cup	14905.04 ml
14 cup	3312.23 ml	64 cup	15141.63 ml
15 cup	3548.82 ml	65 cup	15378.22 ml
16 cup	3785.41 ml	66 cup	15614.81 ml
17 cup	4022.00 ml	67 cup	15851.40 ml
18 cup	4258.58 ml	68 cup	16087.98 ml
19 cup	4495.17 ml	69 cup	16324.57 ml
20 cup	4731.76 ml	70 cup	16561.16 ml
21 cup	4968.35 ml	71 cup	16797.75 ml
22 cup	5204.94 ml	72 cup	17034.34 ml
23 cup	5441.52 ml	73 cup	17270.92 ml
24 cup	5678.11 ml	74 cup	17507.51 ml
25 cup	5914.70 ml	75 cup	17744.10 ml
26 cup	6151.29 ml	76 cup	17980.69 ml
27 cup	6387.88 ml	77 cup	18217.28 ml
28 cup	6624.46 ml	78 cup	18453.86 ml
29 cup	6861.05 ml	79 cup	18690.45 ml
30 cup	7097.64 ml	80 cup	18927.04 ml
31 cup	7334.23 ml	81 cup	19163.63 ml
32 cup	7570.82 ml	82 cup	19400.22 ml
33 cup	7807.40 ml	83 cup	19636.80 ml

34 cup	8043.99 ml	84 cup	19873.39 ml
35 cup	8280.58 ml	85 cup	20109.98 ml
36 cup	8517.17 ml	86 cup	20346.57 ml
37 cup	8753.76 ml	87 cup	20583.16 ml
38 cup	8990.34 ml	88 cup	20819.74 ml
39 cup	9226.93 ml	89 cup	21056.33 ml
40 cup	9463.52 ml	90 cup	21292.92 ml
41 cup	9700.11 ml	91 cup	21529.51 ml
42 cup	9936.70 ml	92 cup	21766.10 ml
43 cup	10173.28 ml	93 cup	22002.68 ml
44 cup	10409.87 ml	94 cup	22239.27 ml
45 cup	10646.46 ml	95 cup	22475.86 ml
46 cup	10883.05 ml	96 cup	22712.45 ml
47 cup	11119.64 ml	97 cup	22949.04 ml
48 cup	11356.22 ml	98 cup	23185.62 ml
49 cup	11592.81 ml	99 cup	23422.21 ml
50 cup	11829.40 ml	100 cup	23658.80 ml

Practical Equivalents

Common Object/Scenario	Approximate Size in cup	Conversion to ml
Standard Shot Glass	1/8 cup	29.57 ml
Small Yogurt Container	1/4 cup	59.15 ml
Standard Medicine Cup	1/3 cup	78.86 ml

Small Coffee Cup	1/2 cup	118.29 ml
Small Juice Glass	2/3 cup	157.73 ml
Standard Wine Glass	3/4 cup	177.44 ml
Standard Coffee Mug	1 cup	236.59 ml
Standard Water Bottle	2 cups (1 pint)	473.18 ml

How to Convert Cups to Milliliters

To convert cups to milliliters, multiply your cup value by 236.588.

Examples:

- 5 cup = $5 \times 236.588 = 1182.94$ ml
- 10 cup = $10 \times 236.588 = 2365.88$ ml
- 25 cup = $25 \times 236.588 = 5914.70$ ml

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