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Millilitres to Cups Conversion Chart

Metric recipe amounts in US cups, tablespoons and fluid ounces

For: Cooks and bakers converting metric recipes

allunitconversions.com/ml-to-cup-conversion-chart
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9 November 2026

EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 US cup = 236.588 236 5 mL exactly	US cups = mL ÷ 236.588	mL = US cups × 236.588	500 mL ÷ 236.588 = 2.11 cups ≈ 2 ⅛ cups

Cups to 2 decimal places, with the nearest practical measuring-cup fraction.

Millilitres to US cups, tablespoons and fluid ounces

Millilitres (mL)	US cups (US cup)	Measuring cup	US tablespoons (tbsp)	US fluid ounces (US fl oz)
5	0.02	use spoons	0.3	0.17
10	0.04	use spoons	0.7	0.34
15	0.06	use spoons	1.0	0.51
20	0.08	use spoons	1.4	0.68
25	0.11	≈ ⅛ cup	1.7	0.85
30	0.13	≈ ⅛ cup	2.0	1.01
40	0.17	≈ ⅛ cup	2.7	1.35
50	0.21	≈ ¼ cup	3.4	1.69
60	0.25	≈ ¼ cup	4.1	2.03
75	0.32	≈ ⅓ cup	5.1	2.54
80	0.34	≈ ⅓ cup	5.4	2.71
90	0.38	≈ ⅜ cup	6.1	3.04
100	0.42	≈ ⅜ cup	6.8	3.38
120	0.51	≈ ½ cup	8.1	4.06
125	0.53	≈ ½ cup	8.5	4.23
150	0.63	≈ ⅝ cup	10.1	5.07
175	0.74	≈ ¾ cup	11.8	5.92
180	0.76	≈ ¾ cup	12.2	6.09
200	0.85	≈ ⅞ cup	13.5	6.76
225	0.95	≈ 1 cup	15.2	7.61
240	1.01	≈ 1 cup	16.2	8.12
250	1.06	≈ 1 cup	16.9	8.45
275	1.16	≈ 1 ⅛ cup	18.6	9.30
300	1.27	≈ 1 ¼ cup	20.3	10.14
330	1.39	≈ 1 ⅜ cup	22.3	11.16
350	1.48	≈ 1 ½ cup	23.7	11.83
375	1.59	≈ 1 ⅝ cup	25.4	12.68
400	1.69	≈ 1 ⅔ cup	27.1	13.53
450	1.90	≈ 1 ⅞ cup	30.4	15.22
473	2.00	≈ 2 cup	32.0	15.99
500	2.11	≈ 2 ⅛ cup	33.8	16.91
600	2.54	≈ 2 ½ cup	40.6	20.29
700	2.96	≈ 3 cup	47.3	23.67

Millilitres (mL)	US cups (US cup)	Measuring cup	US tablespoons (tbsp)	US fluid ounces (US fl oz)
750	3.17	≈ 3 ⅛ cup	50.7	25.36
800	3.38	≈ 3 ⅜ cup	54.1	27.05
900	3.80	≈ 3 ¾ cup	60.9	30.43
1,000	4.23	≈ 4 ¼ cup	67.6	33.81

Sources and method

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

Conversion values on this sheet are generated by the AllUnitConversions conversion library and automatically checked against the exact definitions above before the PDF is produced; reference tables are taken from the sources listed. Interactive version, corrections and more charts: **allunitconversions.com/ml-to-cup-conversion-chart**