

Cooking conversion chart

Cups, tablespoons, teaspoons, mL. Factors are given to 7 significant figures; open the converter for full precision and the worked solution.

Conversion factors to millilitres (mL)		
UNIT	IN ML	1 ML IN UNIT
US cup (cup (US))	236.5882 mL	0.004226753 cup (US)
metric cup (cup (metric))	250 mL	0.004 cup (metric)
imperial cup (cup (UK))	284.1306 mL	0.003519508 cup (UK)
US tablespoon (tbsp (US))	14.78676 mL	0.06762805 tbsp (US)
metric tablespoon (tbsp (metric))	15 mL	0.06666667 tbsp (metric)
US teaspoon (tsp (US))	4.928922 mL	0.2028841 tsp (US)
metric teaspoon (tsp (metric))	5 mL	0.2 tsp (metric)
US fluid ounce (fl oz (US))	29.57353 mL	0.03381402 fl oz (US)
imperial fluid ounce (fl oz (UK))	28.41306 mL	0.03519508 fl oz (UK)
millilitre (mL)	1 mL	1 mL
litre (L)	1,000 mL	0.001 L
US liquid pint (pt (US))	473.1765 mL	0.002113376 pt (US)
imperial pint (pt (UK))	568.2613 mL	0.001759754 pt (UK)
US liquid quart (qt (US))	946.3529 mL	0.001056688 qt (US)

cup (US) → mL	
CUP (US)	ML
0.1 cup (US)	23.65882 mL
0.5 cup (US)	118.2941 mL
1 cup (US)	236.5882 mL
2 cup (US)	473.1765 mL
5 cup (US)	1,182.941 mL
10 cup (US)	2,365.882 mL
20 cup (US)	4,731.765 mL
25 cup (US)	5,914.706 mL
50 cup (US)	11,829.41 mL
100 cup (US)	23,658.82 mL
250 cup (US)	59,147.06 mL
500 cup (US)	118,294.1 mL
1,000 cup (US)	236,588.2 mL

mL → cup (US)	
ML	CUP (US)
0.1 mL	0.0004226753 cup (US)
0.5 mL	0.002113376 cup (US)
1 mL	0.004226753 cup (US)
2 mL	0.008453506 cup (US)
5 mL	0.02113376 cup (US)
10 mL	0.04226753 cup (US)
20 mL	0.08453506 cup (US)
25 mL	0.1056688 cup (US)
50 mL	0.2113376 cup (US)
100 mL	0.4226753 cup (US)
250 mL	1.056688 cup (US)
500 mL	2.113376 cup (US)
1,000 mL	4.226753 cup (US)

Formula: **mL = cup (US) × 236.5882365**