

Volume Conversions

Kitchen

Cups, spoons, millilitres and ounces, with the US and UK difference called out.

US measures unless noted. The UK differs on pints and on the fluid ounce.

Measure	ml	Also
1 teaspoon	5 ml	—
1 tablespoon	15 ml	3 tsp
1/4 cup	60 ml	4 tbsp
1/3 cup	80 ml	5 tbsp + 1 tsp
1/2 cup	120 ml	8 tbsp
1 cup	240 ml	16 tbsp · 8 fl oz
1 US pint	473 ml	2 cups
1 UK pint	568 ml	20 UK fl oz
1 litre	1000 ml	4.2 cups

An Australian tablespoon is 20 ml, not 15. It is the one that quietly ruins baking.