

Kitchen Conversions

Milliliter	tsp	tbsp	Fluid oz	Cup
237 mL	48 tsp	16 tbsp	8 oz	1 cup
177 mL	36 tsp	12 tbsp	6 oz	3/4 cup
158 mL	32 tsp	11 tbsp	5 oz	2/3 cup
118 mL	24 tsp	8 tbsp	4 oz	1/2 cup
79 mL	16 tsp	5 tbsp	3 oz	1/3 cup
59 mL	12 tsp	4 tbsp	2 oz	1/4 cup
30 mL	6 tsp	2 tbsp	1 oz	1/8 cup
15 mL	3 tsp	1 tbsp	1/2 oz	1/16 cup