

Ounces To Cup

Dry & Liquid Conversions

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Liquid

US Standard = Metric

1/8 teaspoon = 0.5 mL

1/4 teaspoon = 1.2 mL

1/2 teaspoon = 2.5 mL

3/4 teaspoon = 3.7 mL

1 teaspoon = 1/3 tablespoon = 5 mL

2 tablespoons = 1 fluid ounce = 30 mL

1/4 cup = 2 fluid ounces = 59 mL

1/2 cup = 4 fluid ounces = 118 mL

1 cup = 8 fluid ounces = 237 mL

Dry

US Standard = Metric

1/2 ounce = 15 grams

1 ounce = 30 grams

4 ounces = 115 grams

8 ounces = 225 grams

16 ounces = 455 grams