

Liquid/Volume Conversion Chart (English and Metric)

If the number is less than 0.1, we list it as "--"

	Tsp	Tblspn	Cup	Pt	Qt	Fl oz	ml	L
1 Tsp =	1	0.33	--	--	--	0.17	5	--
1 T =	3	1	--	--	--	0.5	15	--
1 C =	48	16	1	½	¼	8	237	0.24
1 Pt =	96	32	2	1	½	16	473	0.47
1 Qt =	192	64	4	2	1	32	950	0.95
1 Fl oz =	6	2	⅛	--	--	1	30	--
1 ml =	0.20	--	--	--	--	--	1	0.001
1 L =	--	--	4.2	2.1	0.94	--	1000	1

Common Liquid Conversions

1 tsp = 5 ml
 1 T = 3 tsp = ½ fl = 15 ml
 1 fl oz = 2 T = ⅛ C = 30 ml
 ¼ C = 4 T = 2 fl oz = 60 ml
 ⅓ C = 5 T (plus 1 tsp) = 80 ml
 ½ C = 8 T = 4 fl oz = 120 ml
 ⅔ C = 10 T (plus 2 tsp) = 160 ml
 ¾ C = 12 T = 6 fl oz = 180 ml
 1 C = 16 T = 8 fl oz = ½ pt = 240 ml
 2 C = 1 pt = 16 fl oz = 475 ml
 4 C = 2 pt = 1 qt = 950 ml
 4 qt = 1 gal = 3.8 l

Conversion factors:

To convert **tsp** to **ml**: Multiply **tsp** by 4.93
 To convert **ml** to **tsp**: Multiply **ml** by 0.20
 To convert **fl oz** to **ml**: Multiply **fl oz** by 29.57
 To convert **ml** to **fl oz**: Multiply **ml** by 0.034
 To convert **T** to **ml**: Multiply **T** by 14.79
 To convert **ml** to **T**: Multiply **ml** by 0.068
 To convert **Cups** to **ml**: Multiply **Cups** by 236.6
 To convert **ml** to **Cups**: Multiply **ml** by 0.004
 To convert **quarts** to **liters**: Multiply by 0.95
 To convert **liters** to **quarts**: Multiply by 1.06