

Liquid Conversion Chart

Fluid Ounces To Milliliters



Ounces (oz)

Milliliters (mL)

0.25 oz

7.39 mL

0.5 oz

14.79 mL

1 oz

29.57 mL

1.5 oz

44.36 mL

2 oz

59.15 mL

4 oz

118.29 mL

6 oz

177.44 mL

8 oz

236.59 mL

10 oz

295.74 mL

12 oz

354.88 mL

16 oz (1 cup)



473.18 mL

20 oz

591.47 mL

24 oz

709.76 mL

32 oz (1 quart)



946.35 mL

64 oz (1/2 gallon)

1892.71 mL

128 oz (1 gallon)

3785.41 mL

