

MILLILITERS, TEASPOONS, TABLESPOONS & CUPS CONVERSION CHART

Kitchen Measurement Conversion Chart

Milliliters (mL)	Teaspoons (tsp)	Tablespoons (tbsp)	Cups
1 mL	0.2 tsp	0.067 tbsp	0.004 cup
2 mL	0.4 tsp	0.133 tbsp	0.008 cup
5 mL	1 tsp	1/3 tbsp	1/48 cup
10 mL	2 tsp	2/3 tbsp	1/24 cup
15 mL	3 tsp	1 tbsp	1/16 cup
20 mL	4 tsp	1 1/3 tbsp	1/12 cup
30 mL	6 tsp	2 tbsp	1/8 cup
45 mL	9 tsp	3 tbsp	3/16 cup
60 mL	12 tsp	4 tbsp	1/4 cup
75 mL	15 tsp	5 tbsp	5/16 cup
80 mL	16 tsp	5 1/3 tbsp	1/3 cup
100 mL	20 tsp	6 2/3 tbsp	5/12 cup
120 mL	24 tsp	8 tbsp	1/2 cup
150 mL	30 tsp	10 tbsp	5/8 cup
160 mL	32 tsp	10 2/3 tbsp	2/3 cup
180 mL	36 tsp	12 tbsp	3/4 cup
200 mL	40 tsp	13 1/3 tbsp	5/6 cup
240 mL	48 tsp	16 tbsp	1 cup
250 mL	50 tsp	16 2/3 tbsp	1 1/24 cup
300 mL	60 tsp	20 tbsp	1 1/4 cups
360 mL	72 tsp	24 tbsp	1 1/2 cups
400 mL	80 tsp	26 2/3 tbsp	1 2/3 cups
480 mL	96 tsp	32 tbsp	2 cups
500 mL	100 tsp	33 1/3 tbsp	2 1/12 cups
600 mL	120 tsp	40 tbsp	2 1/2 cups
720 mL	144 tsp	48 tbsp	3 cups
960 mL	192 tsp	64 tbsp	4 cups
1000 mL	200 tsp	66 2/3 tbsp	4 1/6 cups