

Volume Standard to Metric

US cup	US ounces	Metric
2 tbsp	1 fl oz	30 ml
1/4 c	2 fl oz	60 ml
1/2 c	4 fl oz	125 ml
1 c	8 fl oz	250 ml
1 qt	32 fl oz	1 l
1 gal	128 fl oz	4 l

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