

Cup	Fluid oz	Tablespoon	Teaspoon	Milliliter
1 cup	8 oz	16 Tbsp	48 tsp	237 ml
$\frac{3}{4}$ cup	6 oz	12 Tbsp	36 tsp	177 ml
$\frac{2}{3}$ cup	5 oz	11 Tbsp	32 tsp	158 ml
$\frac{1}{2}$ cup	4 oz	8 Tbsp	24 tsp	118 ml
$\frac{1}{3}$ cup	3 oz	5 Tbsp	16 tsp	79 ml
$\frac{1}{4}$ cup	2 oz	4 Tbsp	12 tsp	59 ml
$\frac{1}{8}$ cup	1 oz	2 Tbsp	6 tsp	30 ml
$\frac{1}{16}$ cup	.5 oz	1 Tbsp	3 tsp	15 ml