



US LEGAL cups to ml CONVERSION TABLE



US Legal Cups	Milliliters [ml]	Milliliters [ml]	US Legal Cups
1/4 cup	60 ml	10 ml	0.04
1/3 cup	80 ml	50 ml	0.20
1/2 cup	120 ml	100 ml	0.41
3/4 cup	180 ml	150 ml	0.62
1 cup	240 ml	200 ml	0.83
1 1/4 cups	300 ml	250 ml	1.04
1 1/3 cups	320 ml	300 ml	1.25
1 1/2 cups	360 ml	350 ml	1.46
1 3/4 cups	420 ml	400 ml	1.66
2 cups	480 ml	450 ml	1.87
2 1/4 cups	540 ml	500 ml	2.08
2 1/3 cups	560 ml	550 ml	2.29
2 1/2 cups	600 ml	600 ml	2.50

