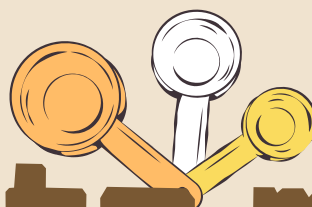


# METRIC cups to ml CONVERSION TABLE



Metric cups	Milliliters	Metric cups	Milliliters
1/16 cup	15.63	7 cups	1750
1/8 cup	31.25	8 cups	2000
1/4 cup	62.5	9 cups	2250
1/3 cup	83.33	10 cups	2500
1/2 cup	125	11 cups	2750
2/3 cup	166.67	12 cups	3000
3/4 cup	187.5	13 cups	3250
1 cup	250	14 cups	3500
2 cups	500	15 cups	3750
3 cups	750	16 cups	4000
4 cups	1000	17 cups	4250
5 cups	1250	18 cups	4500
6 cups	1500	19 cups	4750

