

Liquid ounces to cups conversion

Fluid Ounces (fl oz)	Cups (US)	Milliliters (ml)
1 fl oz	$\frac{1}{8}$ cup	30 ml
2 fl oz	$\frac{1}{4}$ cup	60 ml
4 fl oz	$\frac{1}{2}$ cup	120 ml
6 fl oz	$\frac{3}{4}$ cup	180 ml
8 fl oz	1 cup	240 ml
16 fl oz	2 cups	480 ml
32 fl oz	4 cups (1 quart)	960 ml

Dry ounces to cups conversion

Ingredient	1 Cup	1 Ounce (by weight)
All-purpose flour	120 g (4.25 oz)	$\frac{1}{4}$ cup
Granulated sugar	200 g (7.1 oz)	~2 $\frac{1}{4}$ tbsp
Brown sugar (packed)	220 g (7.75 oz)	2 tbsp
Butter	227 g (8 oz)	2 tbsp
Cocoa powder	85 g (3 oz)	$\frac{1}{3}$ cup

Butter: Ounces to Cups Conversion

Ounces	Cups (US)	Sticks (US)
4 oz	$\frac{1}{2}$ cup	1 stick
8 oz	1 cup	2 sticks
16 oz	2 cups	4 sticks