

vloeibaar

cup	metriek	Engels
$\frac{1}{8}$ cup	30 ml	1 fluid ounce
$\frac{1}{4}$ cup	60 ml	2 fl oz
$\frac{1}{3}$ cup	80 ml	$2\frac{1}{2}$ fl oz
$\frac{1}{2}$ cup	125 ml	4 fl oz
$\frac{2}{3}$ cup	160 ml	5 fl oz
$\frac{3}{4}$ cup	180 ml	6 fl oz
1 cup	250 ml	8 fl oz
2 cups	500 ml	16 fl oz
$2\frac{1}{4}$ cups	600 ml	20 fl oz
4 cups	1 liter	32 fl oz

vast

metriek	Engels
20 g	$\frac{1}{2}$ oz
60 g	2 oz
125 g	4 oz
180 g	6 oz
250 g	8 oz
500 g	16 oz (1lb)
1 kg	32 oz (2lb)