U.S. liquid measures. Milliliters are rounded half up to 2 decimals.
1 cup = 236.5882365 mL exactly (NIST Handbook 44, Appendix C).

Volume

Measure	tsp	tbsp	fl oz	mL
1 teaspoon	1	1/3	1/6	4.93
1 tablespoon	3	1	1/2	14.79
1 fluid ounce	6	2	1	29.57
1/4 cup	12	4	2	59.15
1/3 cup	16	5 1/3	2 2/3	78.86
1/2 cup	24	8	4	118.29
2/3 cup	32	10 2/3	5 1/3	157.73
3/4 cup	36	12	6	177.44
1 cup	48	16	8	236.59

Grams from the King Arthur cup weight. 1 tbsp = 1/16 cup. 1 tsp = 1/48 cup.

Ingredient grams

Ingredient	1 tsp	1 tbsp	1 cup
All-purpose flour	2.5	7.5	120
Granulated sugar	4.13	12.38	198
Brown sugar, packed	4.44	13.31	213
Butter	4.71	14.13	226
Rice, long-grain dry	4.13	12.38	198
Oats, old-fashioned	1.85	5.56	89
Powdered sugar, unsifted	2.35	7.06	113

Spoon grams match the tablespoons to grams converter.