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› GreenPan Lima Hard Anodized Healthy Ceramic Nonstick 12 Piece Cookware Set Instruction Manual

GreenPan CW000545-004

GreenPan Lima Cookware Set Instruction Manual

Model: CW000545-004

INTRODUCTION

Welcome to the world of healthy cooking with your new GreenPan Lima Hard Anodized Healthy Ceramic Nonstick 12 Piece Cookware Set. This collection is designed to meet the demands of any cook, offering exceptional performance and durability. Featuring Thermolon ceramic non-stick coating, hard anodized aluminum bodies, and elegant stainless steel handles, this set ensures a superior cooking experience. This manual provides essential information for the proper setup, operation, and care of your cookware to ensure its longevity and performance.

WHAT'S INCLUDED

Your GreenPan Lima 12-piece cookware set includes the following:

STAINLESS STEEL HANDLES



Image: The complete 12-piece set, including various pots, pans, a steamer, and bamboo utensils.

- 8-inch Frypan
- 9-inch Frypan
- 2-quart Saucepan with Lid
- 2.75-quart Skillet with Lid
- 5-quart Casserole with Lid
- Stainless Steel Steamer
- 3 Bamboo Utensils

KEY FEATURES

Healthy Ceramic Nonstick Coating

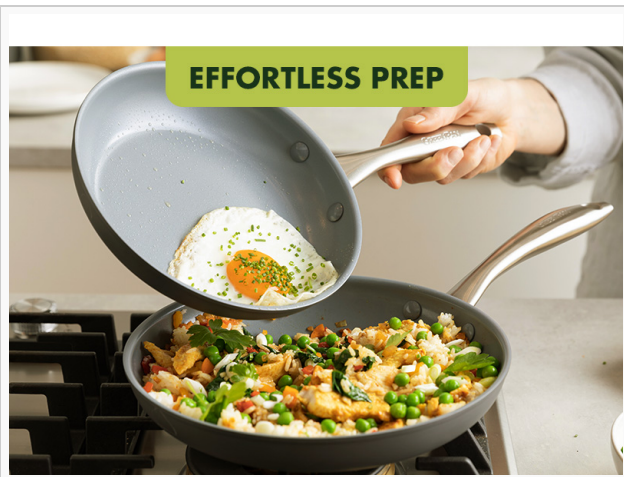


Image: A fried egg easily sliding off the nonstick surface of a GreenPan frypan, demonstrating effortless food release.

GreenPan's Thermolon healthy ceramic nonstick coating is free of PFAS, PFOA, lead, and cadmium. This ensures that no toxic fumes are released, even if the cookware is accidentally overheated. The diamond-reinforced ceramic nonstick surface provides effortless food release and easy cleanup.

Tough Hard Anodized Bodies



Image: A diagram illustrating the layers of the Lima collection cookware, highlighting the scratch-resistant, hard-anodized body and diamond-reinforced ceramic nonstick.

The cookware features tough hard anodized bodies that are scratch-resistant and designed to withstand daily use, ensuring long-lasting durability.

Oven and Broiler Safe

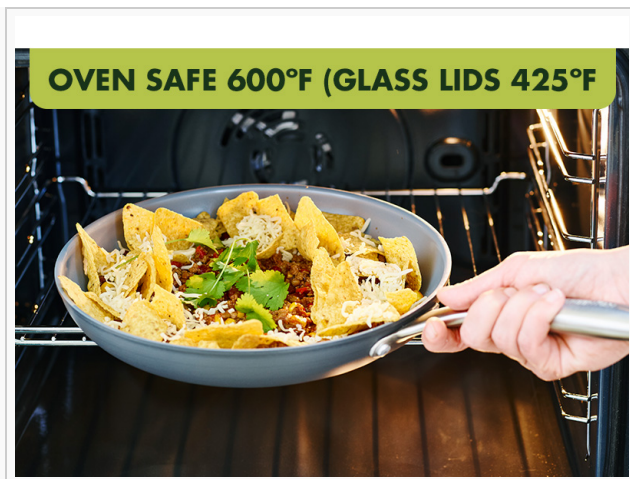


Image: A GreenPan frypan containing food is being placed into a hot oven, demonstrating its oven-safe capability.

All pieces are oven and broiler safe up to 600°F, providing versatility for various cooking methods. Glass lids are oven safe up to 425°F.

Durable Glass Lids



Image: A collection of GreenPan pots and pans, showcasing their tempered glass lids that allow for easy monitoring of food during cooking.

The durable glass lids allow for easy monitoring of your food without lifting the lid, helping to retain heat and moisture.

Riveted Stainless Steel Handles



Image: A close-up view of GreenPan cookware, highlighting the sturdy, riveted stainless steel handles designed for a comfortable and secure grip.

The modern stainless steel handles are riveted for a secure attachment and contoured for a relaxed and comfortable grip, even during extended cooking.

Excellent Heat Transfer

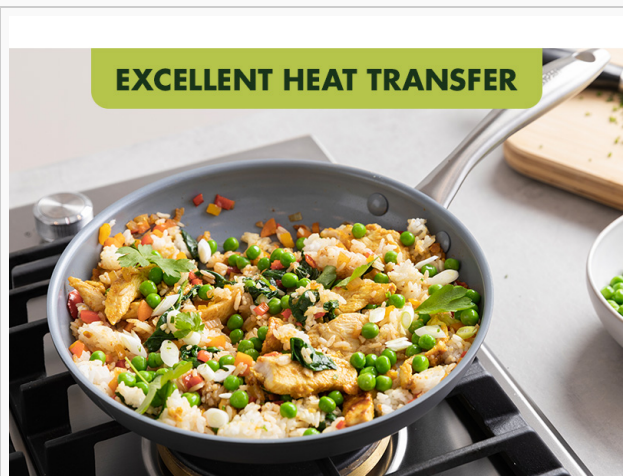


Image: A GreenPan frypan on a stovetop with food cooking inside, illustrating the cookware's excellent heat transfer capabilities for even cooking.

The design ensures excellent heat transfer, allowing for quick and even cooking across the entire surface of the pan.

SETUP

Before First Use

1. Remove all packaging materials and labels.
2. Wash the cookware thoroughly with warm, soapy water using a soft sponge or cloth.
3. Rinse well and dry completely.
4. Condition the nonstick surface: Lightly rub a small amount of cooking oil (such as vegetable or canola oil) onto the entire nonstick surface with a paper towel. Heat the pan over low heat for 30 seconds, then remove from heat and let cool. Wipe off any excess oil. This step helps optimize the nonstick performance.

OPERATING INSTRUCTIONS

Heat Settings

- Always use low to medium heat settings. The Thermolon ceramic nonstick coating performs optimally at these temperatures.
- High heat is generally not necessary and can damage the nonstick coating over time, voiding the warranty.
- The cookware is compatible with gas, induction, and electric stovetops.

Cooking with Oil

- While the nonstick surface allows for cooking with little to no oil, a small amount of oil or butter can enhance flavor and browning.
- Avoid using cooking sprays, as they can leave a residue that is difficult to remove and may affect the nonstick performance.
- Do not use extra virgin olive oil at high temperatures, as it has a low smoke point and can carbonize on the surface, leading to residue buildup. Use oils with higher smoke points like refined olive oil, vegetable oil, or canola oil.

Utensils

- Use heat-resistant plastic, silicone, or wooden utensils to protect the nonstick surface.
- While the coating is durable, metal utensils are not recommended as they can scratch the surface over time.

Oven Use

- The cookware is oven safe up to 600°F.
- Glass lids are oven safe up to 425°F.
- Always use oven mitts when handling hot cookware.

MAINTENANCE AND CARE

Cleaning

- **Hand Wash Only:** This cookware set is not dishwasher safe. Hand washing is recommended to preserve the

nonstick coating and the overall finish of the cookware.

- Allow cookware to cool completely before washing to prevent warping and thermal shock.
- Wash with warm, soapy water using a soft sponge or cloth.
- For stubborn food residue, soak the pan in warm, soapy water for a few minutes before cleaning.
- Avoid using steel wool, abrasive scouring pads, or harsh detergents, as these can damage the nonstick surface and exterior finish.

Storage

- When stacking cookware, place a soft cloth or pan protector between pieces to prevent scratching the nonstick surface.

TROUBLESHOOTING

Food Sticking

- Ensure you are using low to medium heat settings. High heat can cause food to stick and damage the nonstick coating.
- Re-condition the pan by lightly rubbing cooking oil on the surface and heating it gently, then wiping off excess.
- Avoid using cooking sprays or extra virgin olive oil, as they can leave a residue that reduces nonstick performance.

Handles Getting Hot

- While designed to dissipate heat, handles can still become warm, especially during prolonged cooking or when used in the oven.
- Always use oven mitts or a pot holder when handling hot cookware.

Exterior Coating Wearing Off

- Ensure you are strictly hand washing the cookware and avoiding abrasive cleaners or sponges on the exterior.
- Dishwasher use is not recommended and can cause the exterior finish to degrade.

SPECIFICATIONS

Feature	Detail
Brand	GreenPan
Model Name	Lima
Model Number	CW000545-004

Feature	Detail
Material	Ceramic/PFAS Free Nonstick/ Aluminum/ Stainless Steel
Color	Gray
Product Care Instructions	Hand Wash Only
Handle Material	Stainless Steel
Item Weight	11.9 Pounds
Oven Safe	Yes (up to 600°F; glass lids up to 425°F)
Nonstick Coating	Yes (Thermolon healthy ceramic nonstick)
Dishwasher Safe	No
Product Dimensions	22.05 x 13.58 x 11.02 inches

WARRANTY AND SUPPORT

Warranty Information

The GreenPan Lima Cookware Set comes with a limited lifetime warranty, ensuring peace of mind for worry-free cooking. Please refer to the warranty card included with your purchase for full details on coverage and terms.

Customer Support

For any questions, concerns, or support needs regarding your GreenPan Lima Cookware Set, please contact GreenPan customer service. Contact information can typically be found on the product packaging or the official GreenPan website.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for

conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question