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› [GreenPan](#) /

› [GreenPan Rio Healthy Ceramic Nonstick 2QT Saucepan with Lid Instruction Manual](#)

GreenPan CC003238-001

GreenPan Rio Healthy Ceramic Nonstick 2QT Saucepan with Lid Instruction Manual

Model: CC003238-001

1. INTRODUCTION AND OVERVIEW

The GreenPan Rio Healthy Ceramic Nonstick 2QT Saucepan with Lid is designed to enhance your cooking experience with its vibrant style and advanced features. This versatile saucepan is ideal for preparing sides, sauces, and smaller meals. It features Thermolon healthy ceramic nonstick coating, ensuring easy food release and simple cleanup.

Key features include:

- **Thermolon Healthy Ceramic Nonstick Coating:** Free of PFAS, PFOA, lead, and cadmium, ensuring no toxic fumes are released, even if accidentally overheated.
- **Diamond-Reinforced Coating:** Provides enhanced durability and long-lasting nonstick performance.
- **Heavy-Gauge Construction:** Delivers excellent and even heat distribution for consistent cooking results.
- **Stay-Cool Bakelite Handle:** Offers a comfortable grip and total control during cooking.
- **Durable Glass Lid:** Allows for easy monitoring of food without lifting, retaining heat and moisture.
- **Oven Safe:** Pan and lid are oven safe up to 350°F (176°C).
- **Dishwasher Safe:** Designed for easy cleanup.
- **Stovetop Compatibility:** Safe for all stovetops except induction.



HEALTHY CERAMIC NONSTICK, REINFORCED WITH DIAMONDS

Image: The GreenPan Rio 2QT Saucepan with Lid in Turquoise, showcasing its sleek design and vibrant color.

2. SETUP

2.1 Unpacking

Carefully remove all packaging materials, labels, and tags from the saucepan and lid. Retain the packaging for future storage or transport if needed.

2.2 Initial Cleaning

Before first use, wash the saucepan and lid thoroughly with warm, soapy water. Rinse well and dry completely. This removes any manufacturing residues.

2.3 Seasoning (Optional but Recommended)

Although not strictly necessary for ceramic nonstick, a light seasoning can further enhance performance. Rub a small amount of cooking oil (such as vegetable or canola oil) onto the nonstick surface with a paper towel. Heat the pan over low heat for 30 seconds, then let it cool. Wipe off any excess oil. Repeat this process periodically to maintain optimal nonstick properties.



Image: A detailed cross-section of the GreenPan Rio saucepan, illustrating its diamond-reinforced ceramic nonstick interior, scratch-resistant hard anodized body, and stay-cool Bakelite handle.

3. OPERATING INSTRUCTIONS

3.1 Stovetop Use

Place the saucepan on a burner that matches the size of the pan's base to ensure even heating and prevent energy waste. This saucepan is suitable for all stovetops except induction.

3.2 Heat Settings

Use low to medium heat settings for most cooking tasks. The Thermolon ceramic nonstick coating is designed for efficient heat distribution, so high heat is rarely necessary and can shorten the lifespan of the nonstick surface. Avoid overheating an empty pan.

3.3 Cooking with Oil/Butter

While the nonstick coating allows for cooking with minimal oil, a small amount of butter or oil is recommended for flavor and to optimize browning. Avoid aerosol cooking sprays as they can leave a residue that may affect the nonstick performance over time.

3.4 Utensils

Use heat-resistant silicone, wooden, or plastic utensils to protect the nonstick surface. Metal utensils, while the coating is diamond-reinforced, are not recommended to prevent potential scratching or damage.

3.5 Oven Use

The saucepan and its glass lid are oven safe up to 350°F (176°C). This allows for versatile cooking, from stovetop searing to finishing dishes in the oven.

EXCELLENT HEAT TRANSFER



Image: The GreenPan Rio saucepan on a stovetop, demonstrating excellent heat transfer while whisking chocolate.

Your browser does not support the video tag.

Video: Bobby Flay by GreenPan Ceramic Nonstick Cookware Collection. This video highlights the features and benefits of GreenPan's ceramic nonstick cookware, including its ability to achieve a great sear and easy cleanup.

4. MAINTENANCE

4.1 Cooling Down

Always allow the saucepan to cool completely before washing. Submerging a hot pan in cold water can cause thermal shock, leading to warping or damage to the nonstick coating.

4.2 Cleaning

The GreenPan Rio saucepan is dishwasher safe for convenience. For hand washing, use warm, soapy water and a soft sponge or cloth. Avoid abrasive cleaners, steel wool, or harsh scrubbing pads, as these can damage the nonstick surface and exterior finish.

4.3 Stubborn Food Residue

For stubborn food residue, fill the pan with warm, soapy water and let it soak for 10-15 minutes before cleaning. This will help loosen the residue for easier removal.

4.4 Storage

When storing, place a pan protector or a soft cloth between the saucepan and other cookware to prevent scratching the nonstick surface. Store the lid separately or carefully on top to avoid damage.



Image: The GreenPan Rio saucepan with its durable glass lid, featuring a stainless steel rim for added longevity.

5. TROUBLESHOOTING

5.1 Food Sticking

If food begins to stick, ensure you are using a small amount of oil or butter. Over time, residue buildup from cooking sprays or high heat can affect nonstick performance. Re-seasoning the pan (as described in Section 2.3) can often restore its nonstick properties. Also, ensure the pan is not overheated.

5.2 Discoloration

Minor discoloration of the nonstick surface can occur over time, especially with frequent use of high heat. This

is normal and does not affect the pan's performance or safety. Ensure you are primarily cooking on low to medium heat.

5.3 Warping

Warping can occur if the pan is subjected to sudden temperature changes (thermal shock). Always allow the pan to cool completely before washing or exposing it to cold water.

Your browser does not support the video tag.

Video: GreenPan Rio PFAS-Free Nonstick Cookware. This video provides an overview of the GreenPan Rio collection, emphasizing its PFAS-free nonstick coating and overall design.

6. SPECIFICATIONS

Feature	Detail
Brand	GreenPan
Model Number	CC003238-001
Capacity	2 Quarts
Color	Turquoise
Material	Ceramic, PFAS Free Nonstick, Aluminum, Bakelite Handles
Finish Type	Non-Stick
Product Dimensions	8"D x 12"W x 6"H
Item Weight	2.52 Pounds
Oven Safe	Yes, up to 350°F (176°C)
Dishwasher Safe	Yes
Stovetop Compatibility	All except Induction
UPC	885837021806

7. WARRANTY AND SUPPORT

7.1 Limited Lifetime Warranty

The GreenPan Rio Healthy Ceramic Nonstick 2QT Saucepan with Lid comes with a limited lifetime warranty. This warranty covers defects in materials and workmanship under normal household use. Please refer to the official GreenPan website or contact customer support for full details regarding warranty coverage and claims.

7.2 Customer Support

For any questions, concerns, or support needs regarding your GreenPan product, please visit the official GreenPan website or contact their customer service department. Contact information can typically be found on the product packaging or the brand's official online channels.

