

## GreenPan CC005223-001

# GreenPan Swift 10-inch Healthy Ceramic Nonstick Frying Pan Skillet Instruction Manual

Model: CC005223-001 | Brand: GreenPan

## INTRODUCTION

This manual provides essential information for the proper use and care of your GreenPan Swift 10-inch Healthy Ceramic Nonstick Frying Pan Skillet. Crafted from quick-heating aluminum, this skillet offers efficient heat transfer and reliable performance. It features GreenPan's healthy ceramic nonstick coating, designed for PFAS-free cooking and easy cleanup. The riveted stainless steel handle ensures a comfortable and secure grip. This pan is oven safe up to 600°F and dishwasher safe.

## SETUP AND FIRST USE

### 1. Initial Cleaning

Before first use, wash the pan thoroughly with warm soapy water using a soft sponge. Rinse completely and dry with a soft cloth.

### 2. Seasoning (Optional)

While GreenPan's ceramic nonstick is ready for immediate use, some users prefer to lightly season the pan before its first cooking session. To do so, heat the pan over low heat for approximately 30 seconds. Add one tablespoon of cooking oil (avoiding aerosol spray oils) and spread it evenly over the entire nonstick surface with a paper towel. Allow the pan to cool completely, then wipe clean with a dry cloth.

## OPERATING INSTRUCTIONS

### 1. Heat Settings

Always use low to medium heat settings. The pan's efficient heat transfer means high heat is generally unnecessary and

can potentially damage the nonstick coating over time.

## 2. Cooking Oil and Utensils

Always use a small amount of cooking oil or butter. Avoid aerosol cooking sprays as they can leave a residue that may affect nonstick performance. Use silicone, wooden, or heat-resistant plastic utensils to protect the nonstick surface. While the pan is metal utensil safe, prolonged or aggressive use of metal utensils may reduce the lifespan of the nonstick coating.

**OVEN SAFE UP TO 600°F**



**BUILT FOR OVEN & BROILER COOKING**

ROAST, BAKE, BROIL & MORE

Image: An egg sliding effortlessly from the GreenPan Swift skillet onto a plate, demonstrating its nonstick properties.

## 3. Oven and Broiler Use

The pan is oven and broiler safe up to 600°F. If using a lid, ensure it is oven safe up to 425°F. Always use oven mitts or a heat-resistant cloth when handling the pan after oven use, as the stainless steel handle will become hot.



# HEALTHY CERAMIC NONSTICK

WHAT YOU COOK ON MATTERS.



## AWARD-WINNING NONSTICK

CELEBRATED FOR A LEGACY OF INNOVATION



## COOK PFAS-FREE

FREE OF HARMFUL FOREVER CHEMICALS



## GROUNDBREAKING TECHNOLOGY

PATENTED INNOVATION FOR TOP PERFORMANCE



## MORE WAYS TO COOK PFAS-FREE

COOKWARE, ELECTRICS, OVENWARE & MORE

Image: A colorful mix of vegetables cooking in the GreenPan Swift skillet on a stovetop.

### 4. Stovetop Compatibility

This pan is suitable for electric coil, gas, and smooth surface non-induction stovetops.

Your browser does not support the video tag.

Video: An overview of the GreenPan Swift Cookware Collection, highlighting its features and benefits.

## MAINTENANCE AND CARE

### 1. Cleaning

Allow the pan to cool completely before cleaning. Hand washing with warm soapy water and a soft sponge is recommended to prolong the life of the nonstick coating. The pan is also dishwasher safe for convenience, but hand washing is preferred for optimal longevity.



Image: Top-down view of the GreenPan Swift 10-inch Frying Pan Skillet, showcasing its clean ceramic nonstick surface.

## 2. Storage

Store pans carefully to prevent scratching the nonstick surface. Use pan protectors or place a soft cloth between stacked pans.

## TROUBLESHOOTING

### 1. Food Sticking

If food begins to stick, ensure you are consistently using low to medium heat settings and a small amount of cooking oil. Avoid aerosol sprays, as they can build up a sticky residue. A thorough cleaning to remove any accumulated residue may restore the pan's nonstick properties.

### 2. Discoloration

Minor discoloration of the nonstick surface over time is normal and typically does not affect performance. Excessive use of high heat can cause permanent discoloration.

## SPECIFICATIONS

- **Brand:** GreenPan
- **Model Name:** Swift
- **Item Model Number:** CC005223-001
- **Material:** Ceramic, Stainless Steel
- **Color:** Gray
- **Product Dimensions:** 7 x 10 x 2 inches
- **Item Weight:** 1.6 pounds (726 Grams)
- **Capacity:** 3 Cubic Inches
- **Special Feature:** Electric Stovetop Compatible, Gas Stovetop Compatible, Non Stick, Oven Safe
- **Compatible Devices:** Electric Coil, Gas, Smooth Surface Non Induction
- **Product Care Instructions:** Dishwasher Safe, Oven Safe
- **Maximum Temperature:** 600 Degrees Fahrenheit
- **Handle Material:** Stainless Steel
- **Has Nonstick Coating:** Yes
- **Is Dishwasher Safe:** Yes
- **Is Oven Safe:** Yes
- **Recommended Uses For Product:** Frying, Grilling, Sautéing, Searing
- **Specific Uses For Product:** Everyday cooking scenarios
- **Shape:** Pan
- **UPC:** 885837028140

## WARRANTY AND SUPPORT

For detailed warranty information, product registration, and customer support, please visit the official GreenPan website or contact their customer service directly. It is recommended to retain your proof of purchase for any warranty claims.