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› GreenPan Swift 12-inch Frying Pan Skillet with Lid User Manual

GreenPan CC005224-001

GreenPan Swift 12-inch Frying Pan Skillet with Lid User Manual

This manual provides essential information for the safe and effective use, care, and maintenance of your GreenPan Swift 12-inch Frying Pan Skillet with Lid. Please read thoroughly before first use.

INTRODUCTION

The GreenPan Swift 12-inch Frying Pan Skillet with Lid is designed for versatile cooking, featuring a healthy ceramic nonstick coating and quick-heating aluminum construction. This pan offers excellent heat transfer and effortless food release, making it ideal for a variety of dishes. Its durable design ensures long-lasting performance in your kitchen.



Figure 1: GreenPan Swift 12-inch Frying Pan Skillet with Lid, showcasing its sleek design and glass lid.

PRODUCT FEATURES

- **REINFORCED WITH DIAMONDS:** Metal utensil safe, GreenPan's original diamond-infused nonstick coating offers remarkable durability, balanced heating, and effortless cleanup.
- **TOXIN-FREE:** GreenPan's Thermolon healthy ceramic nonstick coating is free of PFAS, PFOA, lead, and cadmium, ensuring healthier cooking.
- **TOUGH ALUMINUM BODIES:** The heavy-duty aluminum construction offers extreme strength with quick and even heating every single time.
- **BUILT FOR OVEN COOKING:** Oven and broiler safe up to 600°F (315°C) and suitable for all stovetops, except induction.

- **ERGONOMIC HANDLES:** The riveted stainless steel handle provides a sturdy and comfortable grip for safe handling.
- **ENJOY THE VIEW:** The tempered glass lid keeps heat and moisture inside, allowing you to monitor your cooking progress without lifting the lid.
- **EASY TO CLEAN:** These pans are dishwasher safe for easy cleanup, though most messes will wipe clean effortlessly.



Figure 2: Demonstrating the pan's nonstick capabilities with a perfectly fried egg easily sliding off.

SETUP

1. **Unpack:** Carefully remove all packaging materials, labels, and protective films from the pan and lid.
2. **Initial Cleaning:** Wash the pan and lid thoroughly with warm, soapy water using a soft sponge or cloth. Rinse completely and dry immediately with a soft towel to prevent water spots.
3. **Conditioning (Optional but Recommended):** For optimal nonstick performance, lightly condition the cooking surface. Rub a small amount of cooking oil (e.g., vegetable, canola, or grapeseed oil) onto the interior of the pan with a paper towel. Heat the pan over low heat for approximately 30 seconds. Remove from heat and wipe clean with a paper towel. This process helps to prepare the surface for cooking.

OPERATING INSTRUCTIONS

Follow these guidelines for effective and safe cooking with your GreenPan Swift skillet:

- **Heat Settings:** Always use low to medium heat settings for cooking. The pan's aluminum body provides excellent heat distribution, making high heat unnecessary and potentially damaging to the nonstick coating over time.
- **Preheating:** Allow the pan to preheat gradually for a few minutes on low to medium heat before adding food. Do not preheat an empty pan on high heat.
- **Cooking Oils:** While the pan is nonstick, using a small amount of cooking oil or butter is recommended for enhanced flavor and browning. Avoid aerosol cooking sprays as they can leave a residue that may affect the nonstick performance.
- **Utensils:** Use heat-resistant silicone, wood, or nylon utensils to protect the nonstick surface. Metal utensils, while stated as safe, should be used with caution to avoid scratching.
- **Oven Use:** The pan is oven safe up to 600°F (315°C). The tempered glass lid is oven safe up to 425°F (218°C). Always use oven mitts when handling a hot pan or lid.

- **Lid Usage:** Use the tempered glass lid to retain heat and moisture, allowing for faster cooking and better flavor development. The transparent design allows for easy monitoring.



Figure 3: The pan's quick-heating design ensures even cooking, as seen with hash browns browning uniformly.



Figure 4: The pan is oven safe up to 600°F, allowing for versatile cooking from stovetop to oven.

MAINTENANCE AND CARE

Proper care will extend the life and performance of your GreenPan Swift skillet:

- **Cool Down:** Always allow the pan to cool completely before cleaning. Submerging a hot pan in cold water can cause warping.
- **Cleaning:** While dishwasher safe, hand washing is highly recommended for longevity. Use warm, soapy water and a soft sponge or cloth. For stuck-on food, soak the pan in warm soapy water for a few minutes before cleaning.
- **Avoid Abrasives:** Do not use abrasive cleaners, steel wool, or harsh scouring pads, as these can damage the nonstick coating.
- **Storage:** Store your pan carefully to protect the nonstick surface. If stacking, place a soft cloth or pan protector

- between pans to prevent scratches.
- **Handle Care:** The stainless steel handle is durable. Ensure it is clean and dry after washing to prevent water spots.



Figure 5: The pan's nonstick surface allows for easy cleaning, often requiring just a simple rinse.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Food sticking to the pan.	Too high heat, insufficient oil, or residue buildup.	Use low to medium heat. Always use a small amount of cooking oil or butter. Avoid aerosol sprays. Clean thoroughly after each use. Re-condition the pan if necessary.
Discoloration or darkening of the nonstick surface.	Overheating or accumulation of food/oil residue.	This is normal over time and does not affect performance or safety. Ensure you are not consistently using excessively high heat. Clean thoroughly.
Handle becomes hot during cooking.	Prolonged cooking, high heat, or oven use.	The stainless steel handle can conduct heat. Always use oven mitts or a pot holder when handling the pan, especially during extended cooking or when used in the oven.
Pan warping or deforming.	Sudden temperature changes (thermal shock).	Always allow the pan to cool down completely before washing. Do not place a hot pan under cold water.

SPECIFICATIONS

Attribute	Detail
Brand	GreenPan
Model Name	Swift
Item Model Number	CC005224-001
UPC	885837028157

Attribute	Detail
Material	Ceramic, PFAS Free Nonstick, Aluminum, Stainless Steel Handles
Color	Black
Capacity	2 Quarts
Product Dimensions	17 x 12 x 3 inches
Item Weight	2.05 pounds (930 Grams)
Maximum Temperature	600 Degrees Fahrenheit (Pan), 425 Degrees Fahrenheit (Lid)
Is Oven Safe	Yes
Has Nonstick Coating	Yes
Is Dishwasher Safe	Yes
Compatible Devices	Gas Stovetop, Electric Stovetop, Oven (Not Induction Compatible)
Product Care Instructions	Hand Wash Only (Recommended for longevity)

WARRANTY AND SUPPORT

For detailed warranty information, product registration, or to contact customer support, please visit the official GreenPan website. Keep your original purchase receipt as proof of purchase for any warranty claims. You can also refer to the official user manual PDF available [here](#) for additional information.

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