

[Manuals.plus](#) /

› [GreenPan](#) /

› GreenPan Swift Cookware Set Instruction Manual

GreenPan CC005227-001

GreenPan Swift Cookware Set Instruction Manual

Model: CC005227-001

INTRODUCTION

Welcome to the world of GreenPan Swift Cookware. This 12-piece nonstick ceramic cookware set is designed for efficient and healthy cooking. Crafted from quick-heating aluminum and featuring a healthy ceramic nonstick coating, it ensures outstanding heat transfer and effortless cleanup. This manual provides essential information for the proper use, care, and maintenance of your new cookware set.



Image: The complete GreenPan 12 Piece Nonstick Swift Cookware Set, showcasing various pots, pans, and utensils.

WHAT'S INCLUDED

Your GreenPan Swift 12-piece cookware set includes the following items:

- 8" Frying Pan
- 10" Frying Pan
- 1QT Saucepan with Lid
- 2QT Saucepan with Lid
- 3QT Sauté Pan with Lid
- 5QT Stock Pot with Lid
- Nylon Slotted Turner
- Nylon Solid Spoon
- Bonus Renew Sponge

DURABLE GLASS LID



SEAL IN MOISTURE & FLAVOR

KEEP AN EYE ON YOUR MEAL IN PROGRESS

Image: A visual breakdown of all components included in the 12-piece GreenPan Swift Cookware Set, showing each pan, lid, and utensil with its size.

SETUP AND FIRST USE

1. **Unpack:** Carefully remove all items from the packaging. Retain packaging for future storage or transport if needed.
2. **Wash:** Before first use, wash all cookware pieces and lids with warm, soapy water using the included Renew Sponge or a soft cloth. Rinse thoroughly and dry completely.
3. **Season (Optional but Recommended):** Although not strictly required for ceramic nonstick, a light seasoning can enhance performance. Heat each pan over low heat for 30 seconds, then remove from heat and add a teaspoon of cooking oil (like vegetable or canola oil). Spread the oil over the entire nonstick surface with a paper towel. Wipe off any excess oil.

OPERATING INSTRUCTIONS

Cooking with GreenPan Swift

- **Heat Management:** The quick-heating aluminum construction ensures excellent heat distribution. Use low to medium heat settings for most cooking tasks. High heat should only be used for searing or boiling liquids. Overheating can damage the nonstick coating over time.
- **Stovetop Compatibility:** This cookware set is suitable for gas and electric stovetops. It is *not* compatible with induction cooktops.
- **Oven and Broiler Safe:** Pans are oven and broiler safe up to 600°F (315°C). Glass lids are oven safe up to 425°F (218°C).
- **Nonstick Performance:** The diamond-infused ceramic nonstick coating provides unparalleled release. You can cook with minimal oil or butter.
- **Utensil Use:** While the coating is metal utensil safe, using silicone, nylon, or wooden utensils is recommended to prolong the life of the nonstick surface.
- **Lids:** Tempered glass lids allow you to monitor your cooking without lifting the lid, helping to seal in moisture and flavor.
- **Handles:** The riveted stainless steel handles are designed for a sturdy, comfortable grip and remain cool on the stovetop during normal use.

TOUGH CONSTRUCTION



QUICK-HEATING ALUMINUM

BUILT FOR DAILY DURABILITY & EVEN HEATING

Image: An egg effortlessly sliding off a GreenPan nonstick frying pan, demonstrating its superior nonstick properties.

EFFORTLESS CLEANING



DISHWASHER SAFE

WIPE MESSES CLEAN OR PLACE IN THE DISHWASHER

Image: GreenPan cookware being used on a gas stovetop and a frying pan placed inside an oven, illustrating its versatility.

MAINTENANCE AND CARE

- **Cleaning:** The GreenPan Swift cookware is dishwasher safe for convenient cleanup. For best results and to preserve the nonstick coating, hand washing with warm, soapy water and a soft sponge or cloth is recommended. Avoid abrasive cleaners, steel wool, or harsh scrubbing pads.
- **Stubborn Food:** For stuck-on food, fill the pan with warm water and a small amount of dish soap, let it soak for 10-15 minutes, then clean gently.
- **Storage:** To prevent scratches to the nonstick surface, place a soft cloth or pan protector between pans when stacking them for storage.
- **Avoid Thermal Shock:** Do not plunge a hot pan into cold water, as this can cause warping or damage to the nonstick coating. Allow pans to cool completely before washing.



THE ORIGINAL CERAMIC NONSTICK

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AWARD-WINNING NONSTICK
CELEBRATED FOR A LEGACY OF INNOVATION



COOK TOXIN-FREE
FREE OF PFAS, PFOA, LEAD & CADMIUM



GROUNDBREAKING TECHNOLOGY
OVER 150 PATENTS TO MAKE COOKING BETTER

Image: A GreenPan nonstick frying pan being rinsed under running water in a sink, highlighting its effortless cleaning.

TROUBLESHOOTING

Food Sticking:

Ensure you are using low to medium heat settings. High heat can cause food to stick and may degrade the nonstick coating over time. Always use a small amount of oil or butter, even with nonstick surfaces, for optimal results.

Discoloration or Stains:

This can occur from high heat or certain foods. Regular cleaning and avoiding excessive heat will help. For stubborn stains, a mixture of baking soda and water can be used as a gentle paste, then rinse thoroughly.

Warping:

Warping is typically caused by sudden temperature changes (thermal shock). Always allow your cookware to cool down completely before washing.

SPECIFICATIONS

Feature	Detail
Brand	GreenPan
Model Number	CC005227-001
Number of Pieces	12
Material	Ceramic, Glass, Stainless Steel (Aluminum body)
Nonstick Coating	Diamond-infused ceramic (PFAS-Free, PFOA-Free, Lead-Free, Cadmium-Free)
Oven Safe Temperature	Up to 600°F (315°C)
Lid Oven Safe Temperature	Up to 425°F (218°C)
Dishwasher Safe	Yes
Stovetop Compatibility	Gas, Electric (Not Induction)
Handle Material	Stainless Steel
Item Weight	16.96 pounds
UPC	885837028188

WARRANTY AND SUPPORT

Your GreenPan Swift Cookware Set comes with a **Limited Lifetime Warranty**. For detailed warranty information, claims, or product support, please visit the official GreenPan website or contact their customer service directly. Keep your proof of purchase for warranty purposes.

For additional resources and product information, you may visit the [GreenPan Store on Amazon](#).

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