

## GreenPan Rio CC008155-001

# GreenPan Rio Healthy Ceramic Nonstick 8" Frying Pan & Spatula Set Instruction Manual

Model: Rio CC008155-001

## 1. INTRODUCTION

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Thank you for choosing the GreenPan Rio Healthy Ceramic Nonstick 8" Frying Pan and Silicone Spatula Set. This manual provides essential information for the safe and effective use, care, and maintenance of your new cookware. Please read these instructions thoroughly before first use and retain them for future reference. The GreenPan Rio 8" Frying Pan features a healthy ceramic nonstick coating, free from PFAS, PFOA, lead, and cadmium. Its heavy-duty aluminum construction ensures quick and even heat distribution, while the stay-cool handle provides a secure grip. This pan is oven and broiler safe up to 350°F and is suitable for all stovetops except induction. The included silicone spatula is designed for use with nonstick surfaces.

## 2. PRODUCT FEATURES

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- **Healthy Ceramic Nonstick:** GreenPan's Thermolon coating is reinforced with diamonds for durability, balanced heating, and easy food release. It is free of PFAS, PFOA, lead, and cadmium.
- **Durable Construction:** Heavy-duty aluminum body provides extreme strength and quick, even heat distribution.
- **Stay-Cool Handle:** Ergonomic Bakelite handle designed for a comfortable and secure grip, preventing overheating during stovetop use.
- **Oven and Broiler Safe:** Pan is safe for oven and broiler use up to 350°F (176°C).
- **Versatile Stovetop Compatibility:** Suitable for gas and smooth surface non-induction stovetops.
- **Easy Cleaning:** Dishwasher safe for convenient cleanup, though most messes wipe clean easily.
- **Included Spatula:** A silicone spatula with a wooden handle is provided, ideal for use with nonstick surfaces.

## 3. SETUP AND FIRST USE

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1. **Unpacking:** Carefully remove all packaging materials and labels from the pan and spatula.
2. **Initial Cleaning:** Wash the pan and spatula thoroughly with warm, soapy water using a soft sponge or cloth. Rinse well and dry completely.

3. **Conditioning (Optional but Recommended):** For optimal nonstick performance, lightly rub a small amount of cooking oil (e.g., vegetable, canola, or refined coconut oil) onto the entire nonstick surface with a paper towel. Heat the pan over low heat for 30 seconds, then remove from heat and wipe off any excess oil. This step helps to maintain the nonstick properties.



*Image: The GreenPan Rio 8-inch Frying Pan and matching silicone spatula, ready for use.*

## 4. OPERATING INSTRUCTIONS

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### 4.1 Stovetop Cooking

- **Heat Settings:** Use low to medium heat for most cooking. High heat is generally not necessary due to the pan's efficient heat distribution and can damage the nonstick coating over time.
- **Oil/Butter Use:** While the nonstick coating allows for cooking with little to no oil, a small amount of cooking oil or butter is recommended for flavor and to enhance browning. Avoid aerosol cooking sprays as they can leave a residue that may affect nonstick performance.
- **Utensils:** Always use heat-resistant silicone, wooden, or plastic utensils to protect the nonstick surface. Metal utensils are not recommended.
- **Handle Safety:** The Bakelite handle is designed to stay cool on the stovetop. However, always exercise caution and use oven mitts if the pan is used in the oven or if the handle becomes hot due to prolonged exposure to high heat or proximity to a flame.



**FREE OF PFAS**  
**HEALTHY CERAMIC NONSTICK**  
**MADE WITHOUT PFAS, PFOA, LEAD, OR CADMIUM**

*Image: A fried egg cooking in the GreenPan Rio frying pan on a gas stovetop, demonstrating nonstick properties.*

#### **4.2 Oven and Broiler Use**

- The GreenPan Rio frying pan is oven and broiler safe up to 350°F (176°C).
- When transferring the pan from stovetop to oven, always use oven mitts as the handle will become hot.

**INCREDIBLE VERSATILITY**  
**OVEN & BROILER SAFE**  
EASILY MOVE THESE PANS FROM STOVETOP TO OVEN



*Image: An omelet being baked in the GreenPan Rio frying pan inside an oven, showcasing its oven-safe feature.*

## 5. MAINTENANCE AND CARE

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### 5.1 Cleaning

- **Cool Down:** Always allow the pan to cool completely before washing to prevent warping and thermal shock.
- **Dishwasher Safe:** The pan is dishwasher safe for convenience. However, hand washing is recommended to prolong the life of the nonstick coating and the pan's overall appearance.
- **Hand Washing:** Wash with warm, soapy water using a soft sponge or cloth. For stubborn food residues, soak the pan in warm, soapy water for a few minutes before cleaning. Avoid abrasive cleaners, steel wool, or scouring pads, as these can damage the nonstick surface.
- **Spatula Care:** The silicone spatula is also dishwasher safe. For the wooden handle, hand washing is recommended to maintain its integrity.

**EFFORTLESS CLEANING**  
**DISHWASHER SAFE**  
WIPE CLEAN OR SIMPLY PLACE IN DISHWASHER



*Image: Multiple GreenPan Rio frying pans and lids placed in a dishwasher, illustrating their dishwasher-safe design.*

## 5.2 Storage

- When stacking pans, place a pan protector or a soft cloth between them to prevent scratches to the nonstick surface.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Food sticking to the pan.	<ul style="list-style-type: none"><li>• Too high heat used.</li><li>• Pan not properly conditioned.</li><li>• Residue buildup from cooking sprays or improper cleaning.</li></ul>	<ul style="list-style-type: none"><li>• Use low to medium heat.</li><li>• Re-condition the pan with a small amount of cooking oil.</li><li>• Clean thoroughly to remove any residue. Avoid aerosol cooking sprays.</li></ul>

Problem	Possible Cause	Solution
Discoloration or dark spots on the nonstick surface.	<ul style="list-style-type: none"><li>Overheating the pan.</li><li>Buildup of food or oil residue.</li></ul>	<ul style="list-style-type: none"><li>Ensure you are cooking on low to medium heat.</li><li>Clean the pan thoroughly after each use. For stubborn spots, a mixture of baking soda and water can be used with a soft sponge.</li></ul>
Pan warping.	<ul style="list-style-type: none"><li>Sudden temperature changes (thermal shock).</li></ul>	<ul style="list-style-type: none"><li>Always allow the pan to cool completely before washing or exposing to cold water.</li></ul>

## 7. SPECIFICATIONS

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- **Brand:** GreenPan
- **Model Name:** Rio
- **Item Model Number:** CC008155-001
- **Size:** 8 inches (Frying Pan)
- **Color:** Oxford Blue
- **Material:** Ceramic, PFAS Free Nonstick, Aluminum, Bakelite Handles
- **Capacity:** 1 Quarts
- **Compatible Devices:** Gas, Smooth Surface Non Induction Stovetops
- **Maximum Temperature (Oven/Broiler):** 350°F (176°C)
- **Product Care:** Dishwasher Safe (Hand washing recommended for longevity)
- **Item Weight:** 1.3 pounds (0.59 Kilograms)
- **Product Dimensions:** 12 x 8 x 2 inches
- **UPC:** 885837041255

## 8. WARRANTY AND SUPPORT

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GreenPan products are manufactured to high-quality standards. For specific warranty information, please refer to the warranty card included with your purchase or visit the official GreenPan website. If you have any questions or require support, please contact GreenPan customer service through their official channels. For more information, you may visit the [GreenPan Store on Amazon](#).