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Ninja GR100

Ninja Sizzle Indoor Grill GR100 Instruction Manual

Model: GR100

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons. Read all instructions before using this appliance. Keep this manual for future reference.

- Always ensure the appliance is unplugged from the outlet before assembling, disassembling, or cleaning.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock, do not immerse cord, plugs, or main unit in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
- For household countertop use only. Do not use outdoors.
- Ensure the grill is placed on a stable, level, heat-resistant surface.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Always ensure the grill plate and drip tray are correctly installed before operation.

GETTING STARTED: SETUP

1. Unpacking

Carefully remove all packaging materials and promotional labels from the grill. Ensure all parts are accounted for before discarding packaging.

2. Assembly

The Ninja Sizzle Indoor Grill GR100 requires minimal assembly. The grill plate and mesh lid are designed for easy placement and removal.

1. Place the main unit on a clean, dry, level, and heat-resistant surface.

2. Insert the drip tray into the base of the unit.
3. Place the desired cooking plate (grill or griddle) onto the heating element, ensuring it sits securely.
4. Attach the perforated mesh lid by aligning its hinges with the slots on the main unit and pressing down until it clicks into place.



Includes

Heating element, 14" nonstick grill plate,
and detachable mesh lid.

Image: The Ninja Sizzle Indoor Grill showing the heating element, the 14-inch nonstick grill plate, and the detachable mesh lid.

3. Pre-use Cleaning

Before first use, wash the grill plate, drip tray, and mesh lid in warm, soapy water. Rinse thoroughly and dry completely. Wipe the main unit with a damp cloth.

OPERATING INSTRUCTIONS

1. Controls and Temperature Dial

The Ninja Sizzle features a simple temperature dial for precise cooking control. The dial allows you to select temperatures from 200°F up to 500°F (MAX HEAT).



500°F max-heat grilling

Reach hotter cooking with temps up to 500°F for delicious char-grilled results—rain or shine.*

*versus PowerXL Smokeless Grill Elite

Image: The Ninja Sizzle Indoor Grill with steaks being cooked, highlighting the temperature dial and the 500°F max-heat capability.

2. Grill Mode

For grilling, use the ribbed grill plate. This mode is ideal for achieving char-grilled marks on meats and vegetables.

1. Ensure the grill plate is securely in place.
2. Plug in the appliance.
3. Turn the temperature dial to your desired setting. Preheat for 7 minutes. The indicator light will turn off when preheating is complete.

4. Place food on the preheated grill plate. You can cook with the hood up for concentrated high heat or hood down to retain heat and melt toppings.
5. Refer to the cooking guide on the appliance or the Quick Start Guide for recommended temperatures and times for various foods.



Experience the sizzle

From char-grilled chicken breasts to seared veggies, create sizzling dishes right from your countertop.

Image: The Ninja Sizzle Indoor Grill in use, showing various foods like chicken breasts, shrimp, steak, and vegetables being grilled simultaneously.



Low smoke grilling*

The perforated mesh lid helps to control smoke and reduce splatter.

*Smoke output may vary depending on type of meat and fat percentage.

Image: The Ninja Sizzle Indoor Grill cooking salmon and asparagus, demonstrating the low-smoke grilling feature with the perforated mesh lid.

3. Griddle Mode

For griddling, replace the grill plate with the smooth griddle plate (if included or purchased separately). This mode is perfect for breakfast items like pancakes, eggs, and bacon.

1. Ensure the griddle plate is securely in place.

2. Plug in the appliance.
3. Turn the temperature dial to your desired setting. Preheat for 7 minutes.
4. Place food on the preheated griddle plate.
5. Refer to the cooking guide on the appliance or the Quick Start Guide for recommended temperatures and times.



Image: The Ninja Sizzle Indoor Grill with the smooth griddle plate, cooking pancakes, bacon, and fried eggs.

4. Cooking Guide

The appliance features a convenient cooking guide printed on the front panel, providing suggested temperatures and cooking times for common items. Always preheat for 7 minutes.



Family-sized capacity

The 14" grill plate fits a half dozen chicken breasts or burgers to feed 4-6 people.

Image: A close-up view of the Ninja Sizzle Indoor Grill's control panel, displaying recommended temperatures and cooking times for various foods in both grill and griddle modes.

Suggested Cooking Times and Temperatures (Preheat for 7 minutes)

Mode	Food Item	Temperature	Time
Grill	Burgers	325°F	11-15 mins
	Sausages	350°F	16-23 mins
	Steaks	375°F	15-25 mins
	Chicken	375°F	25-30 mins
	Fish/Kebabs	375°F / 500°F	7-11 mins / 6-11 mins
Griddle	Burgers	325°F	10-15 mins
	Bacon	375°F	7-11 mins
	Toast	400°F	6 mins
	Pancakes	400°F	6 mins

Note: More recipes and charts are available at najakitchen.com.

CLEANING AND MAINTENANCE

Proper cleaning and maintenance ensure the longevity and optimal performance of your Ninja Sizzle Indoor Grill.

- **Always unplug the appliance and allow it to cool completely before cleaning.**
- **Removable Parts:** The nonstick grill plate, griddle plate (if applicable), drip tray, and perforated mesh lid are all

removable and dishwasher-safe for easy cleaning.

- **Main Unit:** Wipe the main unit with a clean, damp cloth. Do not immerse the main unit in water or any other liquid.
- **Stubborn Residue:** For stubborn food residue on the cooking plates, soak them in warm, soapy water for a few minutes before scrubbing with a non-abrasive sponge or the included grill brush.
- **Storage:** Ensure all parts are clean and dry before storing the appliance. Store in a cool, dry place.

TROUBLESHOOTING

If you encounter any issues with your Ninja Sizzle Indoor Grill, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Appliance does not turn on.	Not plugged in; power outlet issue.	Ensure the power cord is securely plugged into a working electrical outlet. Check the circuit breaker.
Food is not cooking evenly.	Insufficient preheating; uneven food placement.	Allow the grill to preheat for the full 7 minutes. Arrange food in a single layer, avoiding overcrowding.
Excessive smoke during cooking.	High-fat food; grill plate not clean.	The low-smoke technology minimizes smoke, but some smoke is normal with high-fat foods. Ensure the drip tray and grill plate are clean. Avoid using excessive oil.
Food sticking to the plate.	Plate not properly seasoned or cleaned; insufficient oil.	Ensure the nonstick plate is clean. Lightly brush or spray the plate with cooking oil before adding food.

If the problem persists, please contact customer support for further assistance.

SPECIFICATIONS

- Model Number:** GR100
- Brand:** Ninja
- Product Dimensions:** 14.72"D x 15.16"W x 6.1"H
- Cooking Surface:** 14-inch Nonstick Grill Plate (approx. 14" x 14")
- Special Features:** Automatic Shut-Off, Nonstick, Low-Smoke Technology
- Color:** Black
- Material:** Stainless Steel
- Fuel Type:** Electric
- Voltage:** 120 Volts
- Wattage:** 1450 Watts
- Max Temperature:** 500°F
- Included Components:** Ninja Sizzle Indoor Grill, 14" Nonstick Grill Plate, Quick Start Guide with 10 Recipes

WARRANTY AND SUPPORT

For warranty information, product registration, and customer support, please visit the official Ninja Kitchen website or contact their customer service department. Keep your purchase receipt as proof of purchase for warranty claims.

Website: www.ninjakitchen.com

