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› Ninja Sizzle GR100 Smokeless Indoor Grill User Manual

Ninja GR100

Ninja Sizzle GR100 Smokeless Indoor Grill User Manual

Model: GR100

INTRODUCTION

This manual provides essential information for the safe and efficient operation of your Ninja Sizzle GR100 Smokeless Indoor Grill. Designed for high-heat searing and versatile cooking, this appliance brings the experience of outdoor grilling indoors with minimal smoke. Please read these instructions thoroughly before first use and retain them for future reference.



Image: The Ninja Sizzle GR100 Smokeless Indoor Grill with its lid open, revealing the grill plate and the perforated mesh lid.

SAFETY INFORMATION

Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, injury, or damage. This appliance is for household use only.

- Read all instructions before operating the grill.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock, do not immerse cord, plugs, or heating unit in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.

- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.
- Do not use appliance for other than intended use.

COMPONENTS

Your Ninja Sizzle GR100 Smokeless Indoor Grill comes with the following components:

- Main Unit with Heating Element
- 14-Inch Nonstick Grill Plate
- Perforated Mesh Lid
- Quick Start Guide with 10 Recipes



Includes

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

Image: The main unit, 14-inch nonstick grill plate, and detachable mesh lid are shown as included components.

SETUP

Before using your grill for the first time, ensure all packaging materials are removed and the unit is placed on a stable, heat-resistant surface. The Ninja Sizzle GR100 features interchangeable cooking plates for grilling and griddling.

1. **Unpack:** Carefully remove all components from the packaging.
2. **Clean:** Wash the grill plate and perforated mesh lid with warm, soapy water, then rinse and dry thoroughly. The main unit can be wiped clean with a damp cloth.
3. **Assemble:** Place the desired cooking plate (grill or griddle) onto the heating element. Ensure it is seated correctly.
4. **Position:** Place the grill on a flat, stable, heat-resistant countertop, ensuring adequate clearance from walls and cabinets for proper ventilation.



Compatibility

Griddle plate is compatible with the Ninja Sizzle™ Indoor Grill, (GR100).

Image: The Ninja Sizzle GR100 is shown with the flat griddle plate in use, cooking bacon and eggs, demonstrating its versatility.

OPERATING INSTRUCTIONS

The Ninja Sizzle GR100 is designed for ease of use, offering precise temperature control and low-smoke operation.

1. **Power On:** Plug the power cord into a grounded electrical outlet.
2. **Select Temperature:** Use the temperature dial to select your desired cooking temperature, up to 500°F.
3. **Preheat:** Allow the grill to preheat for approximately 7 minutes, or until the indicator light signals readiness. Preheating ensures optimal cooking results and char marks.
4. **Add Food:** Once preheated, carefully place your food onto the cooking plate. The perforated mesh lid helps minimize smoke and splatter during cooking.
5. **Monitor Cooking:** Cook food according to recommended times and temperatures (refer to the Cooking Guide section). The edge-to-edge heating ensures consistent cooking across the entire surface.
6. **Power Off:** After cooking, turn the temperature dial to the "OFF" position and unplug the unit. Allow it to cool completely before cleaning.



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: Steaks being grilled on the Ninja Sizzle GR100, demonstrating its high-heat searing capability for perfect char marks.



Edge-to-edge heating

No hot spots. No cold spots. Just even cooking from edge to edge for perfectly cooked dishes every time.

Image: A visual representation of the grill's edge-to-edge heating, ensuring uniform temperature distribution across the entire cooking surface.

Official Product Videos

Video: An overview of the Ninja Sizzle GR100, highlighting its key features and benefits for indoor grilling.

Video: A user shares their long-term experience with the Ninja Electric Grill, detailing its performance and durability over a year of use.

Video: A concise review of the Ninja Sizzle, showcasing its features and ease of use in a kitchen setting.

COOKING GUIDE

Use the following guide for recommended temperatures and cooking times. Always ensure food reaches a safe internal temperature.

Food Item	Grill Temp	Grill Time	Griddle Temp	Griddle Time
Burgers	325°F	11-15 mins	325°F	10-15 mins
Sausages	350°F	16-23 mins	375°F	7-11 mins
Steaks	375°F	15-25 mins	N/A	N/A
Chicken	375°F	25-30 mins	N/A	N/A
Fish	375°F	7-11 mins	N/A	N/A
Skewers/Veggies	500°F	6-11 mins	N/A	N/A
Toast	N/A	N/A	400°F	6 mins
Pancakes	N/A	N/A	400°F	6 mins

For more recipes and charts, visit ninjakitchen.com.



Experience the sizzle

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

Image: A variety of grilled foods, including chicken breasts, shrimp, steak, and vegetables, prepared on the Ninja Sizzle GR100.



Family-sized capacity

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

Image: A collage displaying the family-sized capacity of the 14-inch grill plate, capable of cooking multiple items simultaneously.

MAINTENANCE AND CLEANING

Proper cleaning and maintenance will extend the life of your Ninja Sizzle GR100 and ensure optimal performance.

1. **Cool Down:** Always allow the unit to cool completely before cleaning.
2. **Remove Components:** The nonstick grill plate and detachable perforated mesh lid are removable for easy cleaning.
3. **Dishwasher Safe:** Both the grill plate and the mesh lid are dishwasher safe. For best results, place them on the top rack.
4. **Hand Washing:** If hand washing, use warm, soapy water and a non-abrasive sponge. Avoid using metal scouring pads or harsh cleaners that could damage the nonstick coating.
5. **Main Unit:** Wipe the main unit with a damp cloth. Do not immerse the main unit in water or any other liquid.
6. **Grease Catcher:** Empty and clean the grease catcher after each use.



Hassle-free cleanup

Grill plate is nonstick and easy to clean, and the detachable perforated mesh lid is dishwasher safe.

Image: The interior of a dishwasher, illustrating the ease of cleaning for the grill's removable, dishwasher-safe components.



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: Salmon and asparagus cooking on the grill, with the perforated mesh lid in place to control smoke and reduce splatter.

TROUBLESHOOTING

If you encounter any issues with your Ninja Sizzle GR100, refer to the following common troubleshooting tips:

- **Grill not heating:** Ensure the power cord is securely plugged into a working outlet and the temperature dial is set to a desired temperature, not "OFF".
- **Excessive smoke:** While designed for low smoke, some smoke may occur with high-fat foods or if the grease catcher is full. Ensure the grease catcher is clean and the perforated mesh lid is properly in place.
- **Food sticking:** Ensure the grill plate is clean and lightly oiled before adding food. Avoid using metal utensils that can damage the nonstick coating.
- **Uneven cooking:** Allow the grill to fully preheat before adding food. The edge-to-edge heating technology is designed for even cooking, but preheating is crucial.

SPECIFICATIONS

Key technical specifications for the Ninja Sizzle GR100 Smokeless Indoor Grill:

- **Brand:** Ninja
- **Model:** GR100
- **Color:** Black
- **Material:** Stainless Steel
- **Product Dimensions:** 14.72"D x 15.16"W x 6.5"H
- **Wattage:** 1450 watts
- **Voltage:** 120 Volts
- **Item Weight:** 16.25 pounds
- **Special Features:** Smokeless, Nonstick, Edge-to-Edge Heating, Dishwasher-Safe (select components), Automatic Shutoff

WARRANTY AND SUPPORT

The Ninja Sizzle GR100 Smokeless Indoor Grill comes with a limited warranty. For detailed warranty information, product registration, or customer support, please refer to the Quick Start Guide included with your product or visit the official Ninja Kitchen website.

For further assistance, please contact Ninja customer service.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question