

George Foreman GRD6090B Smokeless Indoor Contact Grill

QUICK BUYER GUIDE



For families who want fast low-smoke indoor grilling

At a Glance Specs

 **COOKING SURFACE**
90 square inch surface

 **POWER**
1500 watts power

 **PLATES**
Removable dishwasher-safe plates

 **DIMENSIONS**
8.5 x 7.5 x 5.75 in

 **RECOMMENDED SERVINGS**
Fits 4 to 6 servings

 **CONTROLS**
Digital touch time and temp

 **SMOKE REDUCTION**
Reduces smoke up to 85%



Who It Is For

- ✓ Busy households needing quick weeknight meals
- ✓ People without outdoor grilling space
- ✓ Households prioritizing lower indoor smoke
- ✓ Buyers who want easy dishwasher cleanup



Who It Is Not For

- ✗ Large households serving more than six people
- ✗ People who want flame-charred sear
- ✗ Users who need multiple grill zones
- ✗ Cooks wanting heavy duty outdoor grilling



Trade Offs to Consider

- Cuts smoke significantly but not completely
- Contact cooking speeds food but limits height
- Electric 1500W design requires nearby outlet
- 90 sq. in. surface not for large roasts



Users Say

● POSITIVES

- ✓ Cooks up to three times faster
- ✓ Removable plates and drip tray dishwasher-safe
- ✓ Touch controls set time and temperature



How It Compares

- Faster than some earlier George Foreman contact grills
- Lower indoor smoke than many standard indoor grills
- Much smaller footprint than full size outdoor grills



Choose This If...

- ✓ You need fast weeknight family meals
- ✓ You lack outdoor grill space
- ✓ You want easy dishwasher cleanup
- ✓ You prioritize reduced indoor smoke when grilling



Skip This If...

- × You prefer flame char from outdoor grilling
- × You regularly cook for more than six people
- × You need to grill very tall cuts or roasts
- × You require a non-electric portable grill



Learn More



Read our Review

[George Foreman Smokeless Grill Review: Electric Indoor Cooking 2026](#)



Watch our Video Review

[George Foreman Smokeless Grill Review — Fast, Smokeless Indoor Grilling Tested](#)



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