```jsx
import { useState, useEffect } from "react"
// https://restcountries.com/v3.1/all?fields=name,flags

function App() {
  const [data, setData] = useState([]) // array para la inf de paises
de la api

  useEffect(() => {

fetch('https://restcountries.com/v3.1/all?fields=name,flags,region,capi
tal,languages')
    .then((res) => res.json())
    .then((result) => setData(result));
  }, []); // Ejecutar solo la primera vez que se crea el componente

  return (
    <>
      <h1>Ejemplo de UseEffect en React</h1>
      <table className="table table-bordered">
        <thead>
            <th>Nombre</th>
            <th>Poblacion</th>
            <th>Region</th>
            <th>Capital</th>
            <th>Lenguajes</th>
        </thead>
        <tbody>

        {
          data.map((item) => (
            <tr key={item.name.common}>
                <td>{ item.name.common }</td>
                <td>{ item.population }</td>
                <td>{ item.region }</td>
                <td>{ item.capital }</td>
                <td>{ item.languages }</td>
            </tr>
          ))
        }
        </tbody>

      </table>
    </>
  )
}
export default App
```