Get all the countries from Asia continent /region using Filter function

var xhr = new XMLHttpRequest();

xhr.open("GET", "https://raw.githubusercontent.com/rvsp/restcountries-json-data/master/res-countries.json");

// set up our listener to process the request

let count=1;

xhr.onload = function () {

  //process the request and server will return the data

  if (xhr.status >= 200 && xhr.status < 300) {

    var t = JSON.parse(this.response);

    let asia = t.filter((continent=>continent.region=="Asia")).map((continent)=>continent.name);

    console.log(asia);

  } else {

    //it should not give you data

    console.log("Data is not available");

    // document.write(t);

  }

};

xhr.send();

**Output :**

['Afghanistan', 'Armenia', 'Azerbaijan', 'Bahrain', 'Bangladesh', 'Bhutan', 'Brunei Darussalam', 'Cambodia', 'China', 'Georgia', 'Hong Kong', 'India', 'Indonesia', 'Iran (Islamic Republic of)', 'Iraq', 'Israel', 'Japan', 'Jordan', 'Kazakhstan', 'Kuwait', 'Kyrgyzstan', "Lao People's Democratic Republic", 'Lebanon', 'Macao', 'Malaysia', 'Maldives', 'Mongolia', 'Myanmar', 'Nepal', "Korea (Democratic People's Republic of)", 'Oman', 'Pakistan', 'Palestine, State of', 'Philippines', 'Qatar', 'Saudi Arabia', 'Singapore', 'Korea (Republic of)', 'Sri Lanka', 'Syrian Arab Republic', 'Taiwan', 'Tajikistan', 'Thailand', 'Timor-Leste', 'Turkey', 'Turkmenistan', 'United Arab Emirates', 'Uzbekistan', 'Viet Nam', 'Yemen']