npm install mime-types

app.get("/download", (req, res, next) => {

    try {

        const fs = require("fs");

        const path = require("path");

        const mime = require("mime-types");

        const filePath = "./images/girl.jpg";

        const data = fs.readFileSync(filePath);

        res.setHeader("Content-Type", mime.lookup(filePath));

        // res.setHeader("Content-Disposition", `inline; filename="${path.basename(filePath)}"`);

        res.setHeader("Content-Disposition", `attachment; filename="${path.basename(filePath)}"`);

        res.send(data);

    } catch (err) {

        console.error(err);

        next(err);

    }

});

* inline : open
* attachment : download

Download with stream for large file

app.get("/download", (req, res) => {

        const fs = require("fs")

        const filePath = "./images/girl.jpg";

        const stream = fs.createReadStream(filePath);

        res.setHeader("Content-Type", "image/jpeg");

        res.setHeader("Content-Disposition", `attachment; filename="girl.jpg"`);

        stream.pipe(res);

});