Avantages:
- flexibility / simplicity / extensibility / performance
- Fast app development
- I/O request handling (for applications that handle a lot of requests and notifications from users)
- Node.js + Express.js is capable of supporting thousands of concurrent actions
- Minimizing the expenses spent on hiring the development team
- Open-source community
- Easy integration of third-party services and middleware
- Easy to learn

Disadvantages:
- Event-driven nature (callbacks) (Node.js is a single threaded framework with event loop that listens to various events and executes registered callbacks. Developers who have worked with other programming languages may find it difficult to understand the callback nature)
- Philosophy of plugins known as middleware (Express.js is built on this philosophy, that is why it is important to understand its main concepts.)
- Code organization

Alternatives:
Top 10 :
- Fastify (was built with the intention of being a very fast Node.js web framework)
- Koa (spiritual successor to Express.js)
- Sails.js
- Strapi
- Hapi
- FeathersJS
- NestJS
- AEX
- Moleculer
- PurpleCheerio-Wave

More alternatives:
- Adonisjs
- Meteor
- Restify
- FastAPI