HMAC

(Standard) RFC 2104

For each authenticated HTTP request, the frontend computes and send a message digest that combines the user's secret and some request arguments

- ✓ User's password never transit back and forth (except the first time it is exchanged maybe)
- ✓ Digest can be send in clear

JSON Web Token

(Standard) RFC 7519

Encode user information in a string that is URL safe (token)

Token are usually authenticated and sometimes encrypted

- √ Web token can be used for stateful but yet session-less authentication
- √ Web token can be used across applications (microservices)
- revoking tokens can be complicated
 https://medium.com/@yuliaoletskaya/can-jwt-be-used-for-sessions-4164d124fe23