Difference Between rest Api and graphql

**Rest Api**

Querying:

With REST APIs, you typically make separate requests for each resource or the endpoint you want to access.

Caching:

REST APIs are often easier to cache than GraphQL because the URLs are used as the cache keys.

Learning Curve:

REST APIs are simpler to understand and use, and a wealth of documentation and tooling is available.

Performance:

REST APIs can be faster when only a small amount of data is required.

**Graphql**

Querying:

you can retrieve all the needed data in a single request and specify which fields and data you want.

Caching:

caching can be more challenging because each request is unique and may require a different data set.

**API**

Application Programming Interface (API) is a software intermediary that facilitates data flow between two applications/system through a standard protocol. Near to perfect metaphor of API can be a common language of communication between two people coming from different locations.

Magento 2 (Adobe Commerce) offers built-in API, which can let other applications use Magento’s functionalities and interact with the platform.