Why do we have Authorization and not Authentication in API Requests?

Authentication: Validating a user and a service.

Authorization: Related to accessing some of the resources after being authenticated.

In a website, we are authenticated using username and password.

After authenticating, we could access only some sections.

Authentication: who you are

Authorization: Access rights

The url that we provide to access an API is actually an endpoint and is address to a particular resources of the application or of the backend.

When we try to run the API using this particular url or endpoint, we are actually trying to access a resource.

Since we only are trying to access a particular resource, it is more appropriate to call it as authorization rather than authentication.

Although authentication will always happen, the first step is always authentication.