Dex

- Lots of integrations (LDAP, GitHub, GitLab, SAML 2.0, OIDC)

- Maps external groups/users to Kubernetes groups/users

- Can be somewhat complex to setup

Reactive
Ops

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AWS IAM Authenticator

- Integrated by default with EKS

- Maps IAM users or roles to RBAC users or groups

- Kubernetes auth relies on AWS IAM identity

- Configured with a kube-system config map

Reactive Ops

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