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

Google Kubernetes Engine

- kubectl gets short lived Kubernetes credentials with Google Cloud Authentication
- GCP IAM users to Kubernetes RBAC users
- Some overlap between IAM and RBAC
- Does not map IAM groups to RBAC groups