The reaction for this process is next:

$NaHCO_3 + HNO_3 \rightarrow NaNO_3 + CO_2 + H_2O$
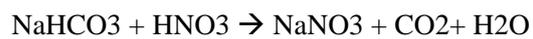
The mole ratio of $NaHCO_3$ and CO_2 is 1: 1,so if amount is $n = m/Mw$, for $NaHCO_3$ it is:

$n=m/Mw$

$n=7.50 / 84=0,0893$ mol

If mole ratio of $NaHCO_3$ and CO_2 is 1: 1 ,the amount of CO_2 is the same, and mass of it is:

$m=n*Mw=0,0893*44=3.93$ g. It is a theoretical mass. Real mass is 3.25 g.

% yield = real mass/ theoretical mass * 100% = 3.25/3.93 * 100% =82,7 %